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GUIDE **INSIDE**

Shopping hub to open next year Page 3



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Blast clears way for recovery of bodies









By George Welch

THE search for the bodies of three missing workers has resumed following the demolition of the remainder of Didcot 'A' Power Station's boilerhouse almost five months after its partial collapse.

The operation to find Ken Cresswell, 57, and John Shaw, 61, both of Rotherham, and Christopher Huxtable, 34, of Swansea, was halted in May after it became clear the unstable nature of the structure made it too dangerous to continue.

Sarah Champion, MP for Rotherham, who campaigned for the families of the men missing under rubble from the collapse, said: "I've been hugely frustrated about the delays in getting our men home.

"The families are going through hell, they can't do anything. They just want their husbands, their fathers, home and have a proper, dignified burial."

Fellow worker Mick Collings, 53, of North Yorkshire, also died in the collapse on February 23, but his body was found the same

· See page two for the full story

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Explosion clears way for bodies' recovery







THE remainder of the collpased By George Welch Didcot 'A' Power Station boilallowing a search for three "gone as planned". missing workers to resume.

ished at about 6am on Sunday been brought down an inspec- power station boundary fence using explosives planted by tion has confirmed that the area and emergency services were ics work and install the charges. robots, following the partial col- and debris pile are safe and our on stand-by. lapse in February which killed contractors have resumed the four workers.

The body of 53-year-old Mick was found on the same day of day, to help return these fami- between 5.30am and 7.30am. the collapse.

But the bodies of Ken Cress- as possible." well, 57, and John Shaw, 61, remain lost in the rubble.

men watched Sunday's demoli- followed by several smaller tion from within the power sta- ones, with the building collaps-

RWE Npower, which owns

An Npower spokesperson recovery operation.

lies' loved ones to them as soon

The families of the missing 6am, a large bang was heard, 48 hours' notice of demolition. ing in a matter of seconds.

A blanket of dark grey dust access to the building to fully gerous to continue.

Put up a memorial for lost men, says MP

covered the entire site and the assess conditions or place demoremaining three cooling tow- lition charges naturally". several minutes.

In another letter to local resia mile from the site. Just after that residents would be given was called off in May.

erhouse has been demolished, the site, said the demolition had ers were hidden from sight for As a result, the demolition design had been "extremely An exclusion zone for demoli- complicated". Alford Tech-The structure was demol- said: "Now that the building has tion had been set up within the nologies were the contractors drafted in to carry out the robot-

Brown and Mason, which A letter sent to local residents replaced Coleman and Company and businesses in Didcot on as principal contractor, over-"We will continue working Friday confirmed the station saw the removal of the material Collings, from North Yorkshire, seven days a week, 12 hours a would be demolished on Sunday when the building was brought

The coal-fired plant, which dents and businesses on Mon- closed in 2013, collapsed in Feb-A small crowd gathered to day last week, Npower had said ruary and the search for the both of Rotherham, and Chris- watch the controlled demolition the demolition process would three missing people believed topher Huxtable, 34, of Swansea, from Ladygrove Mound, about take "up to two weeks" and to be buried under the rubble

> The search was halted when Npower said that due to the contractors reached a 50m unsafe nature of the boiler (164ft) exclusion zone, beyond house it did not have "usual which was considered too dan-

> > DIDCOT and Wantage MP

Ed Vaizey has called for a

memorial for the Didcot 'A'

Power Station collapse vic-

tims, saying owners RWE

Mr Vaizey has written

to the chairman of RWE

Npower, which owns the

site, arguing that it is

"appropriate" for them to

Speaking after the demo-

lition of the boiler house on

Sunday almost five months

following the initial collapse

that killed four people, he

said it should commemorate

the four workers who died in

the collapse on February 23.

"RWE should look very

carefully at building a suit-

able memorial to those who lost their lives and the huge

contribution it has made to

"That would be a very

The recovery operation

An Npower spokesper-

son said: "Our key focus is

on the recovery operation. Whilst our focus is on recov-

ering the missing men, it

would not be appropriate

to discuss memorials at

this point. However, it is

definitely something we will

consider at the right time."

to find the missing men has

appropriate thing to do."

the life of Didcot.

been resumed.

The Conservative MP told BBC Radio Oxford:

do so.

Npower should fund it.

Timeline

TUESDAY 23 FEBRUARY 2016

- At 4.04pm, almost half of the main boiler room building collapsed, sending up a cloud of
- The 300m-long and 10-storey high building at Didcot 'A' Power Station collapsed while it was being prepared for demoli-tion, killing four people. One body was found. Three
- workers remain missing.
- Five other people were injured, three seriously.
- 47 people were treated for dust inhalation.
- The rubble from the collapse was nine metres high and unstable.
- About 100 firefighters from across the UK, including as far away as Merseyside, were on hand to search for the miss-
- ing workers overnight. Sniffer dogs, thermal-imaging cameras, a drone and army robots searched for the lost men overnight and into the next

SATURDAY 5 MARCH 2016

 The day of the originally planned explosive demolition, a process which involved cutting the structure to preweaken it.

SUNDAY 13 MARCH 2016

- The families of the three missing workers stage a "peaceful protest" at the site.
- Two of the three families had previously criticised the rescue operation, saying it had been

WEDNESDAY 16 MARCH 2016

- The Health and Safety Executive (HSE) approved a rescue plan by site owners Npower to begin a proper search at the site, 22 days after the collapse.
- Rescuers and equipment arrive at the power station with rescue operation to begin three days later at the weekend.

MONDAY 25 APRIL 2016

 Npower say explosives are to be used to demolish the remainder of the building.

Steve Hall, son-in-law of Ken Cresswell, protested about the decision, saying: "We want the men back in one piece, not many pieces.

TUESDAY 3 MAY 2016

Demolition firm Brown and Mason replaces Coleman and Company as contractors to manage recovery work. Coleman and Company said it was "hugely disappointing" it had to cease work at the site.

TUESDAY 24 MAY 2016

- The search for the missing men is suspended because the search team reached a 50m 'exclusion zone', inside which is deemed unsafe.
- The failure to recover the bodies is a "national scandal", Labour MP for Rotherham Sarah Champion said.

WEDNESDAY 8 JUNE 2016

Military personnel and equipment are called in to help recover the three missing men. TUESDAY 21 JUNE 2016

Npower confirms the structure is to be blown up, with robots

being their preferred method. MONDAY 11 JULY 2016

- A letter is sent by Npower to notify residents and businesses that demolition will take place "within two weeks" and they will be given 48 hours'
- Npower said that due to the unsafe nature of the boiler house it did not have "usual access to the building to fully assess conditions or place demolition charges naturally".

FRIDAY 15 JULY 2016

A second letter confirms demolition will take place between 5.30am and 7.30am on the Sunday.
SUNDAY 17 JULY 2016

• The remainder of the Didcot

'A' Power Station building was demolished in a controlled explosion at 6am using robots. Npower say the demolition had "gone as planned".

After safety inspections, the search for the three missing men resumed.







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Shopping development to open next summer







A SHOPPING centre due to By George Welch open at Didcot's Great Western siderable difference", according able to rent. to town mayor Steve Connel.

residents and those at the adja- for Great Western Park. cent Valley Park site, which has Mayor Mr Connel said the new munity centre and a children's Scott Davidson, managa been earmarked for a further stores will "really make a con- day nursery. ing director of Henry David-4,254 homes.

2017, the retail development will store was "a huge deal". be anchored by supermarket store at the centre.

Park next year will make a "con- retail units, which are still avail- wave of new development and population.

The district centre, situated many jobs will be created but include a secondary school and know that the local commuat the heart of the 3,300-home the announcement is being University Technical College, nity has been eagerly awaitdevelopment, will serve both its described as a big step forward which is already open, plus a ing the launch of these new

siderable difference to lives and Mr Connel added: "It's getting son Developments, which is Due to open in the summer of to Didcot" and that the ASDA to the point everyone wants to developing the scheme, said:

giant Asda, which has confirmed always part of the agreement agents for the scheme, said: development. it will be taking an 11,000 sq ft for the development of the land "The district centre is extremely in 2011, delays had meant the well located within Great West- will provide shops, restau-

time coming", said Mr Connel. and retailing hub for local resi- services to meet the needs of

expansion and other new facili-It is not yet known how ties at Great Western Park the development in 2011 and we • CGI images of the development primary school, a pub, a com-facilities."

be here."

Although a retail park was Robert Beatson, of Bidwells, ering this exciting mixed-use

Didcot is undergoing a huge dents and the wider Didcot the growing population of Great

"Residents started moving to

"We are delighted to be deliv-

"Our high-quality scheme It also includes a further 10 announcement has "been a long ern Park and will form the social rants and a wide range of News Bites

Mayor opens

DIDCOT: The Mayor of Didcot, Steve Connel, opened Vogue Hair and Beauty, a new hair and beauty salon in Station Road last week.

The salon has undergone major refurbishment by its new owner Sally Watts, who has over 12 years' experience in the business.

Man charged

DIDCOT: A man has been charged following an assault on a police community support officer in Didcot on Wednesday last week.

The PCSO was pushed while issuing a parking ticket in Broadway at 3.45pm.

Patrick Boyle, 51, of John Morris Road, Abingdon, was arrested and charged on suspicion of assault on an accredited person, parking a vehicle in a disabled person's bay and using threatening language.

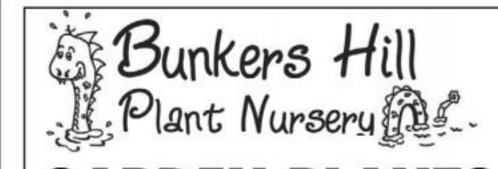
He has been released on unconditional bail until August 16 when he will appear at Oxford Magistrates' Court.

MP appointed

DIDCOT: Didcot and Wantage MP Ed Vaizey has been appointed to the Privy Council, the Government has announced.

The role of a privy councillor is to advise the monarch of the day in carrying out their duties. But the Conservative MP has

been sacked from his role as a culture minister in the Government.



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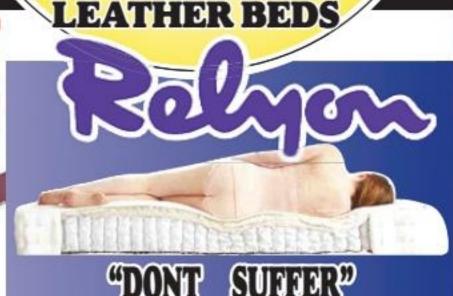
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MINTY BEDS.

Tributes paid to football club's managing director

THE managing director of By George Welch Oxford City Football Club has been found dead at the team's

public at about 9.20am on Sun- records website. day at the Marsh Lane stadium in Marston.

suspicious and a file was being prepared for the coroner.

with Colin's family and friends everyone for their messages mer, tweeted his condolences: at this time."

It said the directors of the with the "deepest sadness".

a director at the club for 15 football grounds in Oxford. The body of Colin Taylor was years, having been appointed discovered by a member of the in 2001, according to a company to be no suspicious circum-

> Chairman Brian Cox, who pared for the coroner. had been friends with Mr Tay-

On Sunday evening, the club ficult time." took to Twitter to add: "On In a statement, the club said: behalf of everybody at Oxford only signed for the National "Our thoughts and prayers are City we would like to thank League South club this sumof support at this difficult time". "In absolutely shock. Only

club made the announcement "At around 9.20am this morning time but what a lovely bloke he Thames Valley Police received was. RIP mate x".

a call from a member of the public who had discovered the Mr Taylor, 62, had been body of a man at Oxford City

> "At this stage there appears stances and a file is being pre-

"The next of kin has been Thames Valley Police said lor for more than 25 years, said informed and the family have his death was not thought to be he was "shocked" by the news. asked for privacy at this dif-

> Footballer Scott Davies, who Thames Valley Police said: knew him for a short period of

> > Another player Ryan Barney, who was at the club until recently signing for neighbouring Didcot Town, said: "So shocked to hear the news about the sudden passing of Colin Taylor.

> > "Such a nice guy who helped me a lot in my time at Oxford

"My thoughts go out to the family and close friends. RIP Colin."

Oxford City are a non-league club who play in the National League South division.

Vaizey names park



Vaizey has helped launch Faringdon's new retail park.

appointed to the Privy Council but lost his role as a culture minister, officially named the new site as Faringdon Park.

early next year will be home to Aldi, Costa and Waitrose.

ing eight to 10 jobs.

DIDCOT and Wantage MP Ed open for business in spring 2017. Faringdon Park, which is

being built by Britannia Con-Mr Vaizey, who was recently struction, for Aviva Investors, will create a total of more than 125 full- and part-time jobs.

The development also sees £60,000 of contributions towards The retail centre, set to open Faringdon's infrastructure.

Mr Vaizey said: "I am so delighted to see Faringdon and Based on the A420, on the the entrepreneurial spirit of its junction with Park Road, Costa inhabitants coming together will be the first of the three to to drive commerce, increase open its doors at the park, creat- employment, spread prosperity, and announce to the world that Aldi and Waitrose are due to Faringdon is open for business."

News Bites

Hottest day

WEST OXON: Brize Norton, in West Oxfordshire, was the hottest place in the UK on Tuesday, with temperatures reaching 34°C at 4pm, according to netweather.tv.

Devolution delay

OXON: Leaders of the Oxfordshire County council and the five district councils have released a joint statement on devolution proposals.

They say they want to take time to understand the new government's devolution plans.

The statement said: "All the Oxfordshire councils have agreed to work together to discuss areas of common ground."

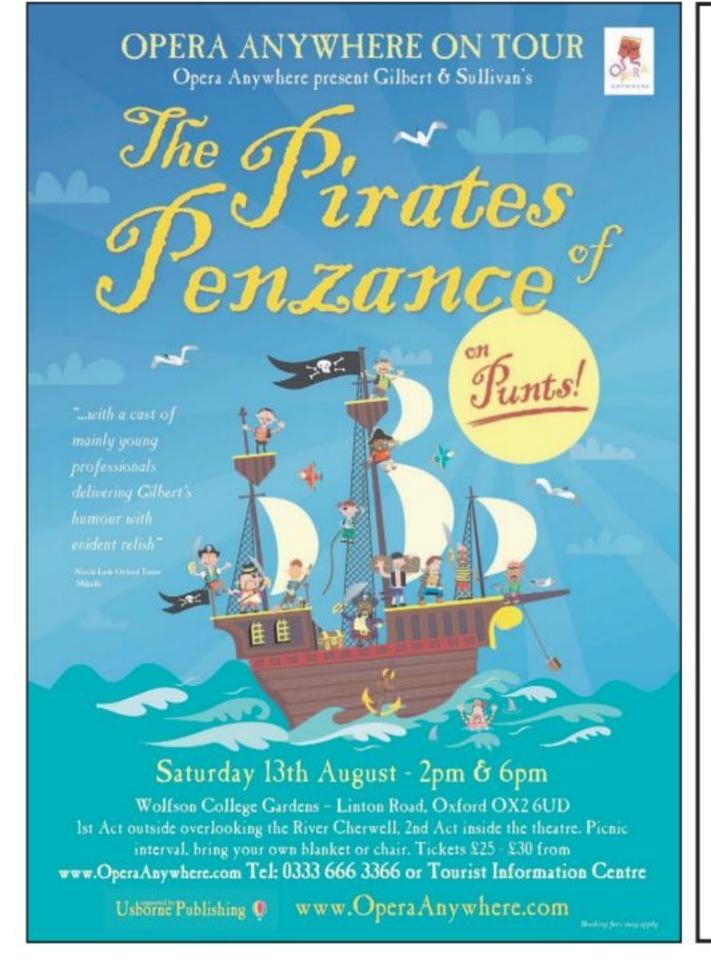
The publication of both the county council and district council's individual studies have been postponed.

Vicar's farewell

MARSTON: A departing vicar has thanked the communities of Marston and Elsfield ahead of his farewell service to the parish after 25 years.

Rev Tony Price has been at the helm of St Nicholas C Of E Church with his wife Dr Alison Price, his curate, since they moved to Elsfield Road in January 1991. The clergyman gave his final sermon to the congregation on Sunday.





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News Bites

Housing plans

DIDCOT: Plans have been submitted by Seville Developers to build 18 homes on a site in Hagbourne Hill Road in Didcot.

They include 11 houses for the open market, three social and four intermediate.

The land, which is currently used for horse grazing, will also consist of 42 parking spaces.

Hamster glory

OXON: Didcot and Wantage MP Ed Vaizey tweeted a picture of his pet hamster Scamper after they came second in Westminster's Responsible Pet Ownership Competition.



 Vaizey and Scamper came second in the RSPCA's competition (Picture courtesy of @Jake Kanter)

Ecologist's trek is set to launch college festival

A RENOWNED ecologist is set By Dominic Thomas to walk from London to Oxford at the age of 80 to raise the curtain on a festival of events in has been the editor of the maga- message of peace. the city.

on Sunday, September 18, ahead month. of a three-day event at Worcester College in September.

on Wednesday, September 21.

The event will celebrate 50 looking ahead to the future, and includes a series of events and this occasion." speeches on a range of issues, Humanity, One Future'.

Kumar, a former Jain monk, zine, which focuses on issues

New editor Greg Neale, who Armitage. will be taking over from him

under the title 'One Earth, One nence during the Cold War when to the future," added Mr Neale. he and a friend walked more

than 8,000 miles from India to Moscow, Paris, London and Washington DC to spread a

The festival will feature a Satish Kumar, who is editor- around ecology, social justice, number of speakers from difin-chief of Resurgence, an ecol- philosophy, spirituality, sustain- ferent fields including former ogy magazine, will walk from able development and the arts, Archbishop of Canterbury London along the Thames Path for 43 years, but is retiring next Rowan Williams, Green MP Caroline Lucas and poet Simon

"Oxford seemed to be a very He is set to arrive in Oxford in August, said: "Walking has good choice for location for all always been a theme in Sat- sorts of reasons. I think it's a ish's life and I think it's quite tribute to Oxford's capacity for years of the magazine as well as fitting that he has decided to attracting where ideas can be walk again this time to mark exchanged, so it's very fitting for our event in order to celebrate Mr Kumar rose to promithe last 50 years and look ahead

> The events will take place between September 22 to 25.

> Mr Kumar will be joined on his walk by 50 other friends and magazine readers.

> He explained how the event would be "a call for humanity to reflect on how we are affecting our planet's four core natural elements of earth, fire, air and water".

Tickets to the festival events will be available online from www.resurgence.org/R50

Technology company launches new software for driverless vehicles



AN Oxfordshire technology as roads and motorways, and is firm has unveiled new software not reliant on GPS to operate. for driverless vehicles.

nium mobile autonomy soft- warehouse truck fleets. ware with a car at Culham Science Centre last week.

Oxford University's Mobile bration and navigation. Robotics Group, was founded by two Oxford professors, Paul deployed at a series of trials. Newman and Ingmar Posner, Graeme Smith.

trianised environments as well the field."

The system has been devel-Oxbotica, the award-winning oped to be "vehicle agnostic" technology company based in - meaning it can be applied to Oxford, launched its new Sele- cars, self-driving pods, and

Selenium's system allows a range of tasks, including The company, a spin-off of motion control, braking, cali-

Selenium is set to be

Commenting on the launch, and is led by chief executive Dr Dr Smith said: "Autonomous vehicles are the future and Selenium can work in pedes- our new software is leading







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Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes - not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company

highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Oxfordshire

and manager James Miller agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise."

So, if your windows are steamed up, broken or damaged give James a call for a free quotation on 0800 61 21 118 and he'll be happy to help!



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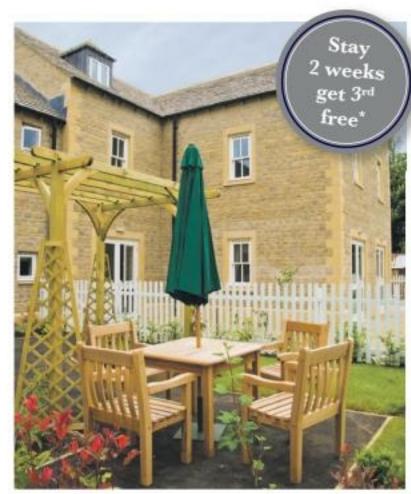




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Happy returns

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We also provide convalescent care, to help people who need to recuperate after a hospital stay and to support them until they are well enough to return home."

Michelle Little, Home Manager

For information on funding permanent care, visit caringhomes.org/funding



For more information on Tall Trees please call 0808 223 5401 and quote "Summer offer" or visit caringhomes.org/tall-trees.

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News Bites

Jumping for joy

DIDCOT: The Didcot Diamonds Cheerleading Club is jumping for joy after receiving a donation from Taylor Wimpey Oxfordshire.

The housebuilder, which is building homes at Great Western Park on the outskirts of the town, donated £500 to the club to help pay for new uniforms for its members.

Governor resigns

OXON: A governor at Southern Health NHS Foundation Trust has resigned.

The trust has been under fire since a report found it had failed to properly investigate hundreds of deaths of patients, including that of Connor Sparrowhawk in Oxford.

In his resignation letter, John Green, Public Governor for the South West, described the way in which the trust and the NHS responded to the report as "farcical".

Pokemon craze

OXON: The latest smartphone craze has hit the streets of Oxford.

The Pokemon Go app was officially launched in the UK last Thursday, meaning users can locate the digital monsters using their smartphone cameras. It uses GPS on people's phones to track where they go.

Cancer survivor battles back to complete 10km

AN Oxfordshire man has taken By Dominic Thomas part in a 10km run around London's Olympic Stadium just a cancer.

dition, at the age of 11, which fitness goals. made exercise difficult.

help him get back in shape.



He was selected from hunyear after beating testicular dreds of entrants in a competition by seed bar brand 9BAR, Gareth Thomas, 28, of Sum- which put him in touch with mertown, Oxford, was also celebrity trainer Prof Greg diagnosed with perthes dis- Whyte, who trained nine peoease, a hereditary bone con- ple struggling to reach their

He said: "I've not been able to Having got the all-clear in exercise properly in years and 2011 and having a hip replace- it's really put a downer on my ment two years later, Gareth, confidence. For a long time I a keen rugby player at school felt like my body wasn't my own. and college, decided he could At the start of the year I promfinally get back to full fitness, ised myself I'd do something taking part in a competition to to change that, hence entering this competition.

> "I heard about it on the radio, and my girlfriend had just done the marathon last year so I just thought why not tell my story, which I don't often do, and work towards it."

> He completed the event at the Olympic Stadium on Sunday.

> He gave advice to those struggling with exercise, saying: "If you're doing it yourself I think it's all about having a gradual plan. Not starting yourself too hard at first because it can be disheartening if you don't meet your targets early on."

Staff raise cash for equipment

STAFF at Oxford Eye Hospital dren the same day to quickly the diagnosis and treatment of lems. young patients.

towards the cost of a £36,000 the retina would help in under- Srilakshmi Sharma said of the scanner for the Nuffield Ortho- standing the mechanisms by scanners: "The new cuttingpaedic Centre (NOC) and a which the disease occurs, lead- edge equipment will help £50,000 camera for imaging ing to potential improvements us quickly and easily obtain blood flow in the retinas of in management. premature babies in the John care baby unit.

would enable staff to see chil- ogy Clinic.

are raising money to improve diagnose and treat any prob- graph of their retina at the eye

On the baby unit, a scanner matory conditions. The hospital is fundraising camera to image blood flow in

have appointments at the

images of the retina and make At present, children with prompt diagnoses and treat-Radcliffe Hospital's special inflammatory eye conditions ment decisions." For the last five years, the Having a scanner at the NOC NOC's Paediatric Rheumatol- eye hospital staff have raised £3,000 for imaging equipment for young patients for the Pae-

diatric Eye Fund, part of the Oxford Radcliffe Hospitals Charitable Funds. Eight eye hospital staff members also raised £1,600 in sponsorship between three

Some then need a photo-

hospital to detect any inflam-

Consultant ophthalmologist

teams by taking part in the Windsor Triathlon on Saturday, June 11. Eye hospital business manager Matt Wardle said: "It was a thoroughly enjoyable day and, considering the 4am start,

everybody was in high spirits

and performed superbly."



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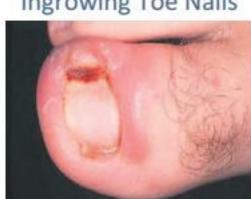
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Roundabout work set to be finished six weeks early

THE completion date for road- By George Welch works on the Cutteslowe and Wolweeks earlier than expected.

the finish date has been brought mid-October.

it is about 80 per cent through the improve safety. construction project.

to a drop-in event today.

The session will take place at the from mid-October." Jury's Inn, Wolvercote, between 11am and 6pm.

Members of the team will be on hand to talk through what has been done so far and what is still to be done. There will also be information on a slight change to the design on part of Cutteslowe roundabout,

News Bites

May welcomed

EAST OXON: Oxford East Conservative Association is delighted at Theresa May's selection as Conservative Party leader and Prime Minister.

They said they welcomed Mrs May's 'unifying vision' to bring the party and country together after the EU referendum.

This is the first time that two Oxford alumni have succeeded each other as PM since Alec Douglas-Home succeeded Harold Macmillan in 1963.

Green Belt move

OXON: Campaign to Protect Rural England (CPRE) Oxfordshire has launched a campaign to Save the Oxford Green Belt and Protect Historic Oxford.

It says a number of landowners are trying to build urban extensions on the Green Belt.

The most immediate threat is to the south of the City at Grenoble Road, where a planning application for 3,500 houses is expected soon, with a further 3,500 also on the cards.

Scam campaign

OXON: Trading Standards are collecting scam mail at special post boxes at libraries in Abingdon, Banbury, Cowley, Didcot and Witney for Scam Awareness Month.

Trading Standards will also be teaming up with Age Concern to offer drop-in sessions around the county, which can be found online at www.365alive.com

vercote roundabouts is to be six which includes a separately sig-The work is entering the final bury Road for cars wanting to head says the works are disruptive for

forward from late November to Cutteslowe roundabout will also an absolute minimum. be reduced from the originally Oxfordshire County Council says proposed four lanes to three to abouts will see both junctions

Anyone interested in finding Smith, cabinet member for trans- pedestrian and cycle crossings. out more about the progress port, said: "The team really apprethat has been made so far on the ciate the patience of residents and scheme would improve traffic flows roundabouts and approaches at road users during the work and and help meet demand for develop-Cutteslowe and Wolvercote has I hope that the early finish, com- ments, such as the Northern Gatebeen invited by the county council bined with all the improvements, way business park. will have a positive effect for all

The changes have no implications £9m and £10m.

in terms of cost or the time it will take to complete the work.

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Meanwhile, the council is carrynalled, left-turn lane from the Ban- ing out night works. The council stages on the 16-month project and down the A40 towards Headington. residents but they can only be done The approach on the A40 to at night and they are being kept to

> Construction on the two roundbecome traffic light-controlled, County councillor David Nimmo with approaches widened and new

Transport bosses said the

The work, which started in July 2015, is estimated to cost between



Families enjoy F1 event

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were held, while race driver Jolyon which nestles in the beautiful Palmer also made an appearance Oxfordshire countryside. to sign autographs and chat with visitors.

activites going as well, such as face and there are a lot of exciting plans painting, balloons and plenty of we have for the future."

FRIENDS and family of staff at ice cream. Cyril Abiteboul, manthe Renault Formula One team's aging director of Renault Sport headquarters in Enstone were Racing, said: "Renault has over treated to a fun day on Saturday. 500 employees on the Enstone site

"Saturday was all about openfamilies and friends to allow them Guided tours around the factory a glimpse of the high-tech world

"We're very early in the development of the Renault Sport Formula There was a variety of children's One Team based out of Enstone





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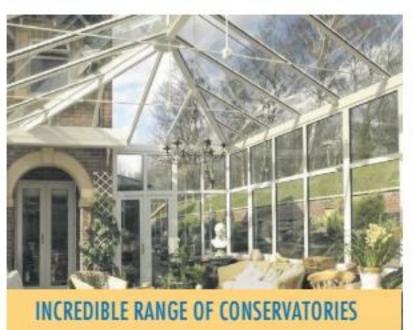
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News Bites

Vehicles raided

Tesco store rejected

COUNCILLORS have thrown By Samantha McGregor out controversial plans by Tesco to build a supermarket and pet- the councillors said: "In this at Thame

wanted to demolish an indus- the town centre and would have trial building at Kingsmead an adverse impact on its viabil-Business Park and build the ity and vitality. store and petrol station plus a car park.

Guardian revealed South town centre and the 'town cen-Oxfordshire District Council tre first' policy. planning officers had recommended that the plans should application was contrary to the be refused by members.

And, on Wednesday last bourhood Plan. week, the councillors agreed with officers and rejected the had not been marketed for conplanning application.

whether it will appeal.

A spokesman said: "We were sorry to hear about the outcome was a need for the supermarket of this application and are cur- because of Thame's growing rently reviewing our options.

opportunity to thank those who expressed their support for the would have a negative impact on scheme."

that the out-of-town location result in the loss of an industrial would have a negative impact employment site. on town-centre traders.

In refusing the application, centre and other local centres.

rol station on an out-of-town site location the provision of a supermarket of the size pro-The supermarket giant posed would divert trade from

"The proposal would, therefore, undermine the important Last week, the Oxfordshire economic and social role of the

> The councillors said the local plan and Thame Neigh-

They further agreed that site tinued industrial employment Tesco has yet to indicate- and was therefore not "redundant" for that use.

Some residents said there population and it would cre-"We would like to take this ate jobs, but others, including Thame Town Council, said it the town centre, impact nearby Concerns had been raised homes, increased traffic and

An application by Tesco in But there was a mixed reac- 1996 was also refused on the tion from residents, with 688 let- grounds it would have had a detters from people supporting the rimental impact on the "vitality application and 513 opposing it. and viability" of Thame town

New name for sports ground

village and now people are who turned 90 this year. favourite.

pitches, a cycling and jogging Centre. track, an outdoor gym and a storey pavilion.

nition of the site's past use, or future, the identity of the site hants.gov.uk

TWO names have been short- the Queen Elizabeth II Sports will provide a link to the past." listed for Bicester's new sports Ground in honour of the Queen

site, which includes sports facilities at Bicester Leisure naming of the new facilities."

still-to-be constructed two- chairman of Bicester Town the decision will be announced Council's policy committee, in August. Cherwell District Council said: "Both of the names and Bicester Town Council shortlisted by Bicester Town cil's Facebook or Twitter pages have put forward Whitelands Council have significance and or email communications. Farm Sports Ground, in recog- in delivering a project for the team@cherwellandsouthnort-

Cllr George Reynolds, Cherwell's deputy leader, said: "We being asked to vote for their

Everyone who casts a vote know from past projects that will be automatically entered in people have felt excluded from Land at the Kingsmere a prize draw to win an annual key decisions so we are invithousing estate has been membership pass worth £470 ing people to get involved by transformed into the sports to use the pool, gym and class having the final say over the

> People have until July 29 to Councillor Richard Mould, cast a vote for their choice and

People can vote via the coun-

Bicester in just four days. The vehicles targeted were in Shaw Close, Medina Gardens, Orchard Way, Ashdene Road, Redmoor Court, Reedmace

BICESTER: Police are urging people to be vigilant after nine

vehicles were broken into in

Road and Primrose Drive and among items taken were wallets, a laptop, a digital camera and gloves.

In a statement, police warned people not to leave valuables in their cars or vans, and to always park in well-lit areas.

Anyone with information should call police via 101 or call Crimestoppers anonymously on 0800 555 111.

Artefacts display

THAME: Artefacts dating back 6,000 years and found on a former pig farm will go on display for a day.

The items from the Neolithic period, Iron Age, as well as Roman and Saxon times, found in a joint excavation by Oxford Archaeology and Cotswold Archaeology can be seen at Thame Town Hall, on Saturday, July 23, from 10.30am to 4.00pm,

The display includes maps, plans, photographs and artefacts from the site.

The free event will feature two introductory talks as well as children's activities.

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Teenager wins award for 'Secret Santa' campaign

A DIDCOT teenager has col- By George Welch lected a prestigious award at Westminster for her Secret House hospice in Oxford, said: Santa campaign.

of Oxfordshire charities last think I would be awarded it." Christmas, collected the British 23 other nominees.

resident, who has been deliver- toys and baby clothes. ing the gifts for four years, and elderly and homeless people.

Speaking of her award, the 2015 she delivered 5,000. nursing assistant at Sobell

Courtney Hughes receives her award from

Dame Mary Perkins, the founder of Specsavers

Courtney Hughes, who deliv-been nominated. I thought that her medal was presented. ered 5,000 presents to a variety was amazing in itself, but I didn't

Citizen Award on July 7, beating donated by the community and inspirational to meet the other companies and includes eve- [nominees] people". The Great Western Drive rything from food to children's

a team of volunteers wrapped event in memory of her grand- "bring the Christmas spirit back each present before delivering mother who died in 2013. In her to life". them to hospital patients and first year, she delivered 250 presents, but during Christmas

Her parents, other grand-

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mother, godmother, younger sister and her partner accompanied Miss Hughes on the day "I found out in April that I had to Westminster Palace, where

She said: "It was absolutely amazing. It was a very breath-Her campaign sees presents taking day and it was very

Courtney praised the community support from social Miss Hughes started the media and newspapers to help



Coin-theft ex-councillor told to pay back £183k



councillor who defrauded his and 2015. employers out of more than

of The Glebe, Culham, was washing machines.

was elected to South Oxford- money back.

shire District Council as the Conservative representative for Sandford and The Wittenhams last May, but stood down two months later.

He had been employed by Armstrong Commercial Laundry Systems, based in Newbury, to service washing machines and dryers in the Newbury area.

Woodley-Shead stole the vast quantity of coins over the years while he was servicing A FORMER South Oxfordshire the machines between 2009

He pleaded guilty to one £220,000 has been ordered to count of theft at Reading pay back more than £183,000 or Crown Court on December see his prison term increased. 22 last year, before being sen-Jonathan Woodley-Shead, tenced on February 3.

At a confiscation hearing on sentenced to three years in July 8 at the same court he was prison in February for stealing ordered to pay back £183,183.88 £223,659.65 from coin-operated within three months or face a further two-and-a half years It came after the 52-year-old in jail and still have to pay the

News Bites

Company offer

OXON: A retirement home company is to invest £214m in building 499 purpose-built retirement homes over the next 18 months

McCarthy and Stone is offering to pay stamp duty on all new reservations between now and July 31 on its latest site at Heron Place in Kidlington.

Signing backed

OXON: GPs in Oxfordshire have recommended singing workshops to improve the health of people across the region.

Cherwell District Council is supporting the Singing for Wellbeing sessions, led by vocal leader Peter Hunt, to promote the benefits of singing, boost lung capacity and develop self-confidence.

Lookalike fun

OXFORD: A man from Oxford is in the running to win an international competition as a lookalike of artist Vincent Van Gogh.

Steve Monk-Chipman is the top ranked British entry in the I Am Vincent conest. With almost 8,000 votes, the content designer is in sixth place.

More than 900 entries have been submitted. The winner gets €5,000 (£4,181) and will have a bronze bust of themselve as Van Gogh put on display.

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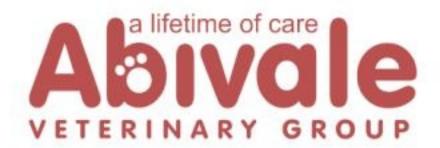
The train companies have worked hard to provide alternative journey solutions, so if you're planning to travel during this time please check your journey carefully at nationalrail.co.uk

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City buildings named on shortlist for major prize

TWO Oxford buildings have By George Welch made the shortlist for the pres-

announced last Thursday, vate house to feature on the in a given year. puts the buildings in com- prize's shortlist for 15 years. petition with four other Brit-(RIBA) on October 6.

Blavatnik School of Govern- Street. ment and the restored Weston nated.

scale redevelopment of Lon-reinvigoration. don's 1970s Heygate Estate.

its 21st year, is rounded off library building before its

tigious 2016 RIBA Stirling Prize with Outhouse, located in the for the UK's best new building. Forest of Dean in Gloucester-

ish buildings, with archi- educational buildings, Oxford tecture's highest accolade University is responsible for to be awarded by the Royal an unprecedented two of the Institute of British Architects six projects - the Blavatnik School of Government in Two buildings within the Walton Street and the Bodle-University of Oxford - the ian's Weston Library in Broad

The Blavatnik School of Library - have been nomi- Government, a contemporary building in a conservation Other nominees include the area marks a major departure Riverside Campus at the City from the traditional historiof Glasgow College, Damian cal Oxford design, while the Hirst's new Newport Street Weston Library, a grade-II Gallery in Vauxhall and Tra-listed building, has undergone falgar Place, the first whole- significant restoration and

It took three years to rede-The competition, now in sign and renovate the 1930s

opening in March last year.

awarded to the building that has that well-designed buildings School of Government, Weston made the biggest contribution can bring to people's lives. The shortlist, which was shire, which is the first pri- to the evolution of architecture

> With half the shortlist being RIBA President Jane Duncan start regeneration in neglected improve education potential, said: "Every one of the six urban pockets to create new, and increase civic pride."

Speaking about the shortlist, they can breathe life and kick- to delight and draw in visitors,

buildings shortlisted today desirable destinations and com-The RIBA Stirling Prize is illustrates the huge benefit munities. As with Blavatnik Library and City of Glasgow "As seen at Trafalgar Place College, they can give cities and Newport Street Gallery, and institutions a new landmark

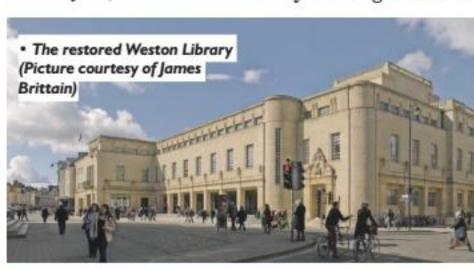
News Bites

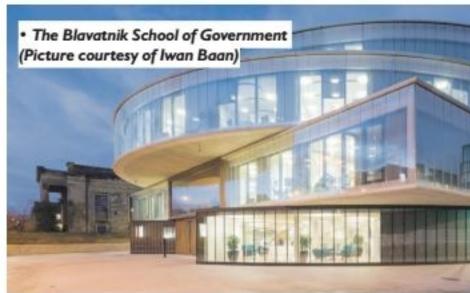
Prayers for PM

OXON: The acting Bishop of Oxford offered his prayers for Theresa May as she took over as the country's new Prime Minister last week.

Rt Revd Colin Fletcher said: *Mrs May grew up in the Diocese of Oxford where her father, the Reverend Hubert Brasier, was first vicar of Enstone with Heythrop and later of Wheatley, where she and her husband were married.

"I can assure Mrs May of my continued prayers as she takes up office at such a critical time for our country."





Old tram is unveiled

among its exhibits on Wednes- place." day last week.

craftsmanship was unveiled and coach travel over the last by Deputy Lord Lieutenant of 130 years, contains more than Oxfordshire John Harwood at 30 vintage vehicles, along with the museum at Hanborough various artifacts. railway station.

Museum is a little-known than 40 vintage bikes. gem. It preserves all sorts of Mr Harwood said: "Even the years.

"This tram has been ance."

VISITORS can take a trip restored over the last five back in time after Oxford Bus years with loving attention to Museum revealed a newly- its period details, rather longer restored, horse-drawn tram than it took to build in the first

The museum, which tells The masterpiece of British the story of the county's bus

It also hosts the Morris He said: "The Oxford Bus Motors Museum, and more

old and not so old buses and more impressive is that it has coaches, and it gives a fasci- all been done by a dedicated nating insight into how public team of volunteers. They transport has changed over deserve huge congratulations for their skill and persever-





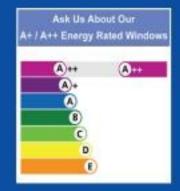




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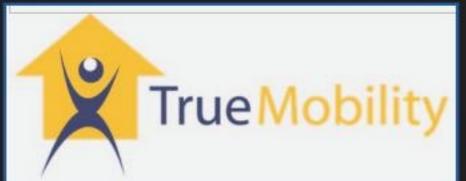
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Strength and Conditioning



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Strength and Conditioning is more than just lifting weights.

S&C involves any activity used to enhance and facilitate performance. These activities include, but are not limited to running, jumping, agility, core and endurance training.

A training program will be designed which will vary the amount and type of training undertaken at different times of the year to meet the specific needs of both the athlete and the sport. The development of this program is done in conjunction with the athlete's technical coach and is tailored to fit with and support their aims.

How does Strength and Conditioning help athletes?

For a sporting movement to be performed at a world class level, the athlete needs a high level of both the technical skills involved in the movement and the specific strength qualities which underpin it. While these strength qualities will clearly vary between sports, athletes within the same sport will also have different technical and physical strengths and weakness, and will therefore require specific interventions. These specific needs are identified in conjunction with the technical coach and other service providers.

Once the specific strength qualities have been identified, they will be measured and tracked throughout the course of the year to ensure that the strength and conditioning program is being effective and achieving its goals.

In addition to a well-designed strength and conditioning programme, in conjunction with sports medicine support, can increase the athletes' tolerance to training and decrease the chance of injury. This is done through identifying both areas subject to over load during the sport and individual weaknesses in the athletes.

From experience in both Strength and Conditioning and Personal Training, I have formulated programmes that utilises the best aspect of the two industries. From this my training programmes specialises in weight loss, injury prevention and athletic performance.



"I combine my years of experience and knowledge to my services to create the right programme for you and I'm constantly reviewing how I work with you as you develop and meet your goals."

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Competition

WIN tickets to see Scooby-Doo Live in London's West End

IN this brand new family musi- Closing date: Thursday, August 4. cal SCOOBY-DOO and the MYSTERY INC. gang have Win tickets! been called upon to help solve an epic mystery.

A trouble-making ghost is haunting the London Palladium and SHAGGY, FRED, DAPHNE, VELMA and SCOOBY-DOO are on their way in the MYSTERY MACHINE, to crack this spooky musical mystery. SCOOBY-DOO LIVE! MUSICAL MYSTERIES will have the whole family on the edge of their seats in traditional SCOOBY-DOO fashion from the moment this fun, musical show begins. Maybe this time the gang are in over their heads?!

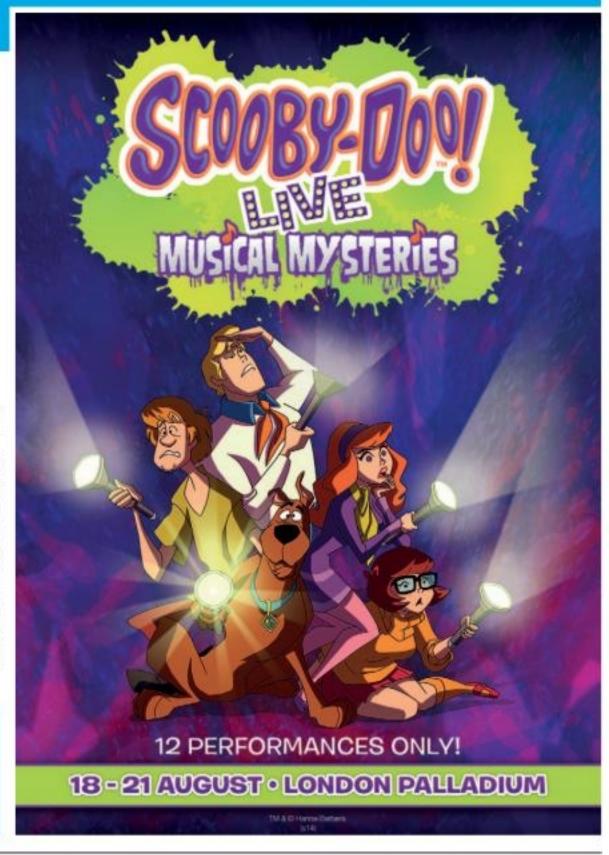
We have 2 family sets of tickets that will each let four people see this great show. To be in with a chance of winning one all you have to do is answer the following simple question:

Q: At which London theatre is Scooby-Doo Live being staged?

Ts&Cs Two prizes available each consisting of a four tickets to SCOOBY-DOO LIVE at the Palladium Theatre, Argyll Street, London, W1F 7TF. Tickets are valid for performances from 18th August - 21st August 2016 at 10.30am, 1pm & 3.30pm. Tickets are strictly subject to availability and non-transferable. Any additional expenses incurred over and above the prize element must be covered by the winner. The cost of travel is not included in the prize. The Promoter reserves the right to vary the Terms and Conditions or cancel the draw at any stage in the event or offer an alternative prize to the same value in circumstances arising beyond its reasonable control.

To enter this competition and more like it, go online to www.oxfordshireguardian.co.uk

For full terms & conditions go to www.oxfordshireguardian.co.uk/about-uss







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Featuring the world's greatest illusionists live on stage in a daring, jawdropping display of magical artistry Impossible will electrify and amaze theatre-goers of all ages.

Guest starring the winner of Britain's Got Talent 2016, Lance Corporal Richard Jones, the line-up also includes Explosive Street Magician Magical Bones, Daredevil and Escapologist Jonathan Goodwin, Cutting-edge Conjurer Sabine van Diemen, Grand Illusionist Josephine Lee, Boundary-Breaking Magician Ben Hart, and Mind-blowing Mind-reader Chris Cox. Fusing death-defying stunts, technological trickery, grand stage illusions and close-up magic, Impossible reinvents the biggest and best illusions in history in the greatest magic show on earth. This family-friendly live entertainment has to be seen to be

Closing date: Sunday, July 24

believed!

Whatever you do, don't try this at home!

Limited season 8 July - 27 August

IMPOSSIBLE is at Nöel Coward Theatre, St Martin's Lane, London WC2N 4AU

impossiblelive.com/

WIN TICKETS

We are offering our readers, the chance to win a family ticket to see IMPOSSIBLE.

We have x2 family tickets to be won. To enter answer the following question:

Q: Which TV talent show did Lance Corporal Richard Jones win?

Was it The X Factor, Britain's Got Talent or The Voice?

Terms & conditions:

To enter this competition and more like it, go online to

www.oxfordshireguardian.co.uk

For full terms & conditions go to www.oxfordshireguardian.co.uk/about-us

The prize is for Band A tickets for x4 people and valid for all Monday to Thursday performances until 18 August 2016, strictly subject to availability. Tickets are non-transferable. No cash alternative is available. Travel is not included.

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Puzzles



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Two speed crossword

Quick Clues Across

- 4 Photographer's apparatus (6)
- 8 Claws (7)
- 10 Sinews (7)
- 11 Disturb (5)
- 12 Bottles (5)
- 13 Scent (9)
- 16 Helper (9)
- 19 Equipment (5)
- 20 Gum (5)
- 22 Sinister (7) 23 Paying attention (7)
- 24 Most vile (6)

Scribble space

Quick Clues Down

- I Overwhelm (6)
- 2 Watering places (4)
- 3 Disturbances (13)
- 5 Annual commemorations
- 6 Extreme selfishness (8)
- 7 Estimate (6)
- 9 Back (5)
- 14 Water sports (8)
- 15 Self-possession (6)
- 17 Rip (5)
- 18 Muddle (6)
- 21 Non-alcoholic (4)

Cryptic Clues Across

- 4 Investigated professional plot (6)
- 8 Stayed the course and finished round the old city (7)
- 10 Knowledgeable after the finish that's the position (7)
- 11 It's no joke getting behind at sea
- 12 Mr Wood, senior, we presume? (5)
- 13 Getting a rise? (9)
- 16 Was Robin Hood so bandy,
- then? (3-6)
- 19 What's the wild dog doing? (5)
- 22 Classical welcome to the right
- 23 Stumped on the golf-course (7)
- - 20 Where one is expected to take steps (5)
 - communist is declared (7)

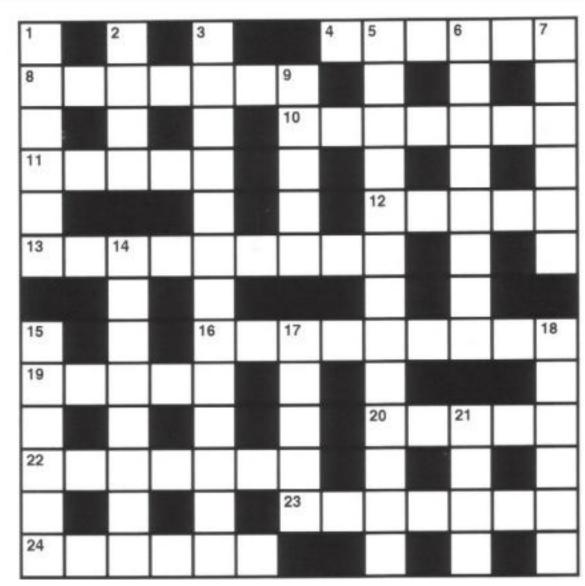
24 Unruly sets I'd stop (6)

Cryptic Clues Down

- Praise about a former country (6)
- 2 Lied about being out of work (4)
- 3 They provide a firm basis for pressing matters (7.6)
- 5 Holidays somehow delayed Rolls-Royce test (3-6,4)
- 6 Fifty in the band are dazzling (8)
- 7 Dry out the organ dull (6)
- 9 She could be an ideal girl (5)
- 14 Risks about a pound in church
- 15 He somehow drew with the District Attorney (6)
- 17 Presumably you don't mind if they are cross (5)

21 It can take a hammering (4)

- 18 Is in awe of many mad dares (6)







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Puzzles



Sudoku

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid (also called "boxes", "blocks", "regions", or "sub-squares") contains all of the digits from 1 to 9. The puzzle setter provides a partially completed grid, which for a well-posed puzzle has a unique solution.

EASY/MEDIUM/HARD

9				6	3			
2		8			1	3		
	6					7	4	1
	3			1	9		2	7
6			8		7			4
8	9		2	5			1	
4	5	9	1 8		.)		6	
		3	4			5		8
			1	2				9

1		3		8	30	7		3
	7						6	
		6	9		5	1		S
4	6		5		8		3	7
		9	3		7			
3	9		1		4		8	5
).	2	4		9	3	1.	C.
	4				2		9	
5				7				2

					3	6		1
				1		2		
						4	9	
	6				9		1	2
9			6		8			5
2	7		4				3	
	5	9						
		4		7				
6		7	8					

This week's solutions

Þ	2	1	S	6	8	1	E	9	2	P	8	3	1	9	6	t	S	6	Ε	2	S	2	T	9	8	7
6	8	5	9	L	ε	Þ	3	ī	ī.	6	£	3	S	8	ε	b	9	8	4	s	9	6		ε	2	1
4	9	£	7	Þ	1	6	5	9	9	s	ε	6	. 1	*	z	8	4	2	9	1	8	4	3	6	s	*
9	ε	6	t	S	*	8	4	z	s	8	9	b	2	t	4	6	ε	Ε	τ	9	Þ	s	7	4	6	8
5	*	1	8	3	9	ε	1	6	6	1	+	4	9	ε	5	ż	8		S	6	4	3	8	5	1	9
z	t	8	6	3	4	9	9	Þ	4	ε	L	8	6	5	1	9	t	4	τ	8	6	t	9	Þ	ε	S
٤	6	*	4	9	2	1	8	5	8	Z	T	s	Þ	6	9	ε	2	1	Þ	L	7	B	6	5	9	£
9	4	z	Þ	τ	5	9	6	Ε	b	9	5	1	Ε	3	8	4	6	9	6	ε	t	b	5	8	4	Z
τ	S	9	Ε	8	- 6	2	y	4	ε	2	6	9	8	1	2	5	τ	5	n	3	ε	9	1.	1	P.	6

Across: 4 Probed 8 Endured 10 Endwise 11 Stem 12 Elder
13 Ascendant 16 Bow-legged 19 Dingo 20 Dance 22 Averned
23 Stymied 24 Desist
Down: 1 Persis 2 Idle 3 Ironing boards 5 Red-letter days
6 Blinding 7 Dreary 9 Delia 14 Chancels 15 Edward 17 Words
8 Dreads 21 Usel

Across: 4 Camera & Nippers 10 Tendons II Upset 12 Vials
13 Fragrance 16 Assistant 19 Plant 20 Resin 22 Ominous
23 Heedful 24 Basest
Down: 1 Engulf 2 Spas 3 Perturbations _ 5 Anniversaries
6 Egomania 7 Assess 9 Stem 14 Aquatics 15 Aplomb 17 Slash
18 Tangle 21 Soft

Quick Crossword

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Summer maintenance recommendations

Many people think that winter is the time when they should do all of the maintenance tasks on their vehicle. But they would be wrong. Vehicles need regular care and attention and there are many tasks that should be done in the spring or summer months. Especially if you are going to be using your car to go on holiday, either in the UK or abroad. The right preparation can make the difference between a good holiday and a rather expensive and uncomfortable one. So here is a quick list of things that are worth checking at this time of year, in addition to the regular checks like oil and water.

Overheating is a common summer problem. However well maintained all your cooling systems are, including having the correct volume and concentration of coolant and a fully functioning engine cooling fan, it is still possible to overheat. Especially when sat on the car park that is the M25 on a Friday evening heading somewhere nice for the weekend, because it's scorching and you need to make the most of that one weekend of sunshine. (Remember always wear sunscreen!) Any car however well maintained can overheat when it's just too hot. If your engine temperature does appear to being too high, the best way to get it back in check is to turn your heater on full power and turn the air conditioning on. This will usually help bring the temperature back down. Also If you can, take a break for half an hour or so at a services and let your car have some time to cool.

AIR CONDITIONING

Air conditioning units in cars use a refrigerant gas to work efficiently and keep you cool in the summer. This gas is lost at a rate of about 15% per year, this figure can vary depending on use and the quality of the system. So it is important to have your air conditioning serviced regularly. The recommendations say that this should be every two years or 30,000 miles, whichever comes first. We think that in theory that is a nice idea and if you are organized enough to manage that, then great! However, if you live in the kind of world

that I do, where remembering an annual service and the MOT date is hard enough, then we think you can judge when you need an sir con service yourself, by turning on your air conditioning and seeing if it cools you down quickly and enough!

The trouble with the British summer is that it is so very unpredictable and we can go from a chilly jumper day to sweltering shorts and t-shirt day in less than a week and then back down again just as quickly. So having the air conditioning working for the days when you think your head may explode you are so hot, it is definitely worth keeping it working efficiently.

Another thing to remember about air conditioning is that using it all the time will increase fuel consumption. So try to only use it when you really need it. But if you suffer from hay fever then air conditioning can help to reduce pollen levels, which can help noticeably.

AIR FILTER

This should be replaced at your annual service. It is worth checking with your garage that this has been done and the quality of filter that has been used, don't accept cheap parts, or your car will suffer for it. Due to the amount of pollen, bugs and other debris in the air during the summer your air filter is likely to get more clogged up and reduce in its efficiency.

BODYWORK

Bodywork or paintwork repairs can be costly, although with the advent of SMART repairs small to medium area repairs are far less expensive. During the summer we tend to see many more cars with noticeable dents and chips to paintwork, due to the roadworks that are done in this period. To avoid damaging your car too badly, reduce your speed to the recommended speed limit on areas of road that have recently been resurfaced, often this will be just 20 miles per hour, for an additional 5 to 10 minutes on your journey it is worth it to keep your vehicle in good condition. Also keep a good

distance between you and the vehicle in front as they will be kicking up debris also.

BRAKES

Brakes are made up of a number of elements. Discs, pads and fluid. These should be checked at an annual service, and replaced if necessary. Some garages will give you an idea of how long your discs and pads may have left in them when you get your vehicle serviced, and advise when you might need to return to get them done. Some garages will just change them to get the extra income in terms of parts and labor even if they still have a good life left in them. If your discs and pads have been replaced during a service, you can ask to see the removed parts, so that you can understand how worn they actually were.

If your summer holiday involves a lot of driving, hilly or mountainous terrain then you should ideally get your garage to give your brakes a quick once over before you go. It is not something that you want failing during your holiday.

Engine coolant levels

Six million motorists around the UK are risking a repair bill of over £1,000 by failing to regularly check that their engine coolant is at a recommended level according to the AA. This is absolutely vital if you are to prevent overheating in the summer.

It is recommended that you check that your coolant fluid level is between the maximum and minimum marks on the tank at least once a week when the engine is cold. If the coolant level has dropped, make sure that you get it checked out at your local garage because ordinarily coolant levels should remain at the same level between services.

TYRES

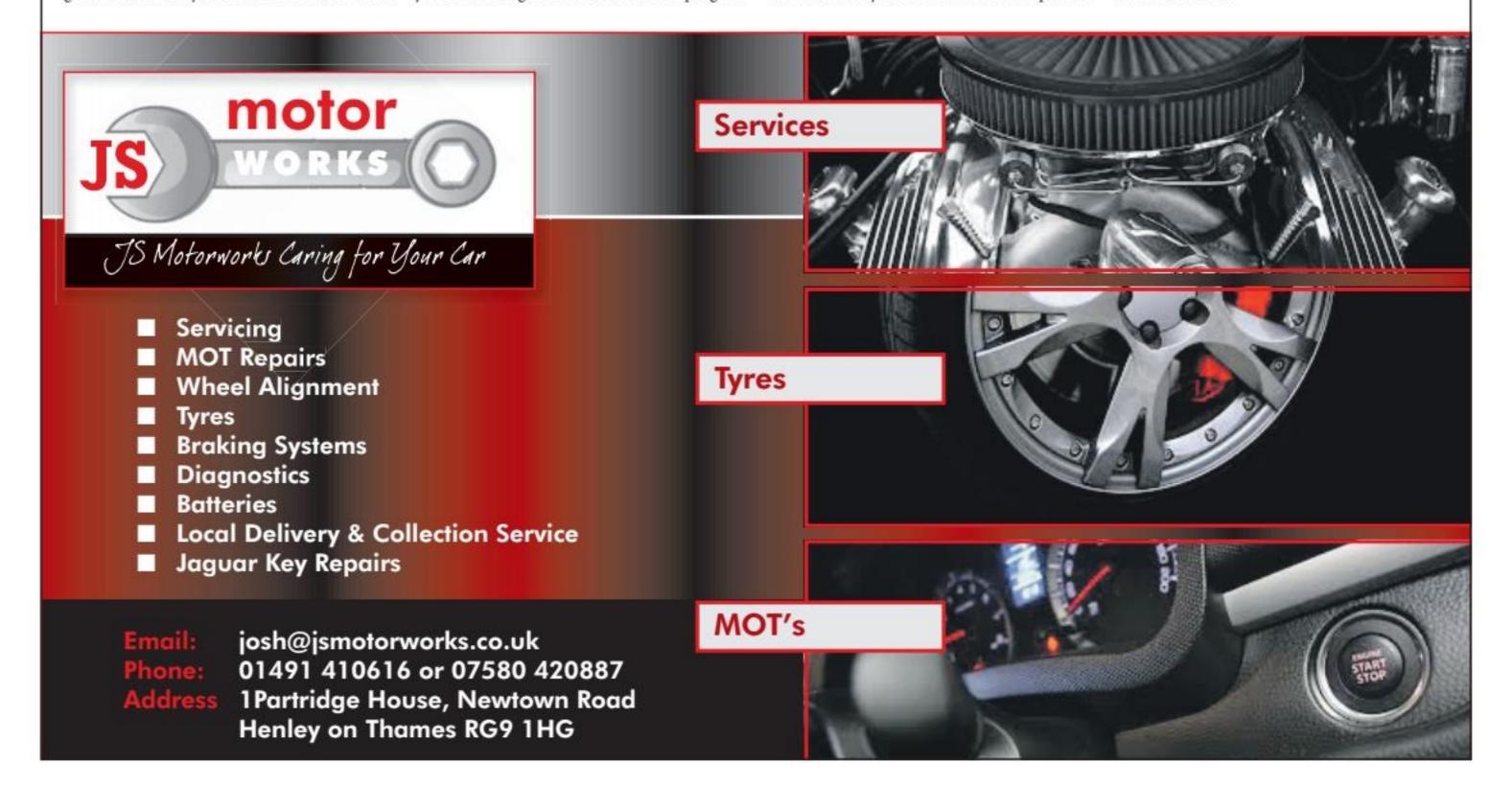
During the summer in the UK, the fluctuations in temperature, especially when they go in the positive direction can exacerbate existing tyre trouble. The number one cause of breakdown in the UK is flat tyres. Fluctuations in temperature can effect tyre pressures, so it is very important to keep on top of your tyre pressures, checking them regularly and always using the correct Psi for the loading of the vehicle. If you are off on holiday and the car is stacked to the gunnels, before you leave change your tyre pressure at a reputable garage or forecourt. Trye pressure stickers tend to be either inside the petrol cap or on one of the door frames, they are also in your vehicle handbook.

Following a warm spell, if it rains (as if that could happen midsummer in the UK?) then the roads are particularly slippery. This is due to tyre rubber that has adhered to the tarmac on very hot days, which when wet become very slippery and can cause nasty accidents. Making sure your tyre pressure and tread depths are correct will help to avoid any skidding in these treacherous conditions. The deeper your tread depth the more water will be dispersed and the safer you will be.

VISIBILITY

Visibility is essential to road safety. Making sure you keep your windscreen wash topped up will help keep off the dirt which can come down in summer rain storms in addition to the bugs that find themselves face first in your windscreen. Without the correct concentration of windscreen wash you may not be able to get rid of the smears caused by these unsuspecting bugs. Good condition wiper blades and correct size and fitting of blades is essential to good visibility.

Martin Gilbert Motor Repairs Ltd on the Radley road Industrial Estate in Abingdon run regular FREE car maintenance classes which cover the essentials of how to care for your car and provide information about what to do before going on a driving based holiday. For more information see the Martin Gilbert Motor Repair Facebook page or call 01235 553055 for details, or just pop in for a chat about how they can help you keep your family safe on the roads.





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Thursday July 21st

BBC1

The Insider: Reggie Yates in the Mexican Drug War, 10.45pm



6.00 Breakfast (S) 9.15 Right on the Money (S) 10.00 Homes Under the Hammer (S)(R) 11.00 Fake Britain (S) (R) 11.45 Neighbourhood Blues (S)(R) 12.15 Bargain Hunt (S)(R) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country Searching for a "forever" home in south Wales. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! Valuing antiques at Wallasey Town Hall on the Wirral Peninsula. (S) 5.10 Pointless Celebrities (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News and Weather (S)

7.00 The One Show Topical stories from around the UK. (S) EastEnders One family's world is torn apart; (S) BBC News: Regional News (S)

8.00 Celebrity MasterChef The remaining hopefuls enter the semi-finals, cooking a feast for 70 guests in a freezing cold field, and then producing an invention dish based on their own favourite ingredient. (S)

New Blood Rash and Stefan are 9.00 convinced that Lisa killed her accountant and follow her to the hotel of a high-ranking politician - only to find more than they expected. Last in the series. (S)

10.00 BBC News at Ten (S) 10.30 BBC Regional News (S) 10.45 The Insider: Reggie Yates in the Mexican Drug War The presenter joins the soldiers fighting the war against drugs in Acapulco. (S)

L1.35 This Week The past seven days in politics. (S)

AFTER 12.20 Weather for the Week Ahead (S) 12.25 BBC News (S)

BBC₂

Mock the

0pm



6.00 Right on the Money (S)(R) 6.45 Garden Rescue (S)(R) 7.30 The Hairy Builder (S)(R) 8.00 Sign Zone: The Great British Sewing Bee (S)(R) 9.00 Victoria Derbyshire (S) 11.00 BBC Newsroom Live (S) 12.00 Daily Politics (S) 1.00 Pressure Pad (S)(R) 1.45 Coast (S)(R) 2.15 An Island Parish: Falklands (S)(R) 2.45 David **Attenborough's Natural Curiosities** (S)(R) 3.10 Africa (S)(R) 4.10 Michael Palin's New Europe (S)(R) 5.10 Antiques Roadshow (S)(R) 6.00 Eggheads (S) 6.30 The Hairy Builder Dave Myers helps restore the Wedgwood Institute in Staffordshire.

RHS Tatton Flower Show 2016 The first of two programmes highlighting exhibitions at the RHS Tatton Flower Show. (S)

8.00 Full Steam Ahead New series. Historians Ruth Goodman, Alex Langlands and Peter Ginn relive the golden age of steam as they explore how the Victorian railways created modern Britain.

9.00 The Refugee Camp: Our Desert Home Two-part documentary about everyday life in Zaatari, a large refugee camp in Jordan that is home to 80,000 Syrians who have fled the bombs and bullets of the civil war. (S)

10.00 Mock the Week Guests include James Acaster and Dane Baptiste. (S)

10.30 Newsnight (S)

11.10 Weather (S) 11.15 The Somme 1916 - From Both Sides of the Wire Peter Barton examines the events of the First World War battle from German and British perspectives. (S)(R)

12.15 Sign Zone: Trump's Angry America - Panorama (S)(R) 12.45 Britain's Most Spectacular Backyard Builds (S)(R) 1.45 Shop Well for Less? (S)(R) 2.45 This Is BBC Two

ITV



6.00 Good Morning Britain (S) 8.30 Lorraine (S) 9.25 The Jeremy Kyle Show (S) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News: Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Real-life cases in a studio courtroom. (S)(R) 3.00 Dickinson's Real Deal The team travels to Edinburgh. (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

Emmerdale Moira fears Holly has given into temptation. (S)

Real Stories with Ranvir Singh The tube station worker who saved lives during the 7/7 attacks. (S)

8.00 Emmerdale Rakesh hopes to pay his debts by winning a poker game. (S)

8.30 Coronation Street Sarah is determined to leave hospital. (S)

The Investigator: A British Crime Story Mark Williams-Thomas' investigation into a 30-year-old murder takes him to Canada. (S)

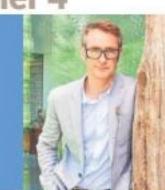
10.00 ITV News; Weather (S) 10.30 ITV Regional News; Weather (S) 10.40 Drive Vernon Kay hosts a motorsport challenge as eight celebrity racers battle it out to be crowned champion. (S)(R)

11.40 FILM Columbo: The Bye-Bye Sky-High IQ Murder Case (1977) (U) Crime drama, with Peter Falk and Theodore Bikel. (S)

1.00 Jackpot247 3.00 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R)

Channel 4

nside Out Homes,



6.10 Dare to Believe: Ali lawad (S)(R) 6.15 3rd Rock from the Sun (S)(R) 7.35 Everybody Loves Raymond (S) (R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 10.55 Dare to Believe: Jordanne Whiley (S)(R) 11.00 The Simpsons (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 2.10 Fifteen to One General knowledge quiz. (S) 3.10 Countdown (S) 4.00 The Question Jury Quiz show. S) 5.00 Couples Come Dine with Me (S) 6.00 The Simpsons (S)(R) 6.30 Hollyoaks (S)

7.00 Channel 4 News (S)

8.00 Inside Out Homes Zac Monro redesigns a 1950s Stockport bungalow with the addition of a first floor clad in burnt timber and a garden-cum-sitting room, and updates a tired family home in Devon. (S)

Crewe officers help a man who claims someone else has moved into his flat while he was on holiday. In Warrington, PC Jon Tetlow investigates reports of a man acting suspiciously. (S)

9.00 999: What's Your Emergency?

10.00 Ramsay's Hotel Hell Part two of two. The chef continues his mission to improve West Virginia hotel Town's Inn, although abysmal food hygiene practices and cleanliness issues make his job a tough one. (S)

11.00 Dare to Believe: Natasha Baker A profile of the British paraequestrian star. (S)(R) 11.05 24 Hours in A&E (S)(R)

12.10 The Job Interview (S)(R) 1.05 My Worst Job (S)(R) 2.00 Child Genius (S)(R) 2.55 Is Your Pension Safe? Channel 4 Dispatches (S)(R) 3.25 Posh Pawn (S)(R) 4.25 French Collection (S) (R) 5.20 Fifteen to One (S)(R)

Channel 5

On Benefits: Life on the Dole. 8pm



6.00 Milkshake! 9.15 The Wright Stuff Studio debate on the day's news. 11.15 To B&B the Best (S) 12.10 5 News Lunchtime (S) 12.15 Big Brother (R) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS Gibbs is held captive in Mexico. (S)(R) 3.15 FILM A Housekeeper's Revenge (2016) (PG) Premiere. Thriller, starring Chrysti Ane. Edited for daytime broadcast. (S) 5.00 5 News at 5 (S) 5.30 Neighbours Jack wrestles with choosing between Paige or the Church. (S)(R) 6.00 Home and Away Tank is torn when his dad asks him to move away. (S)(R) 6.30 5 News Tonight (S)

7.00 Secrets of Underground Britain Rob Bell explores feats of engineering; (S)(R) 5 News Update (S)

8.00 On Benefits: Life on the Dole The documentary meets claimants in Yorkshire, including a 45-year-old trying to make it as a DJ; (S) 5 News Update (S)

9.00 Nightmare Neighbour Next Door: Living in Fear Including the story of an elderly couple who angered their boxing-coach neighbour when they complained about his shed. (S)

10.00 Big Brother Another 24 hours of Big Brother life distilled into an hour of TV, including the daftest chat, the funniest games and the biggest arguments. (S)

11.05 Big Brother's Bit on the Side Rylan Clark-Neal presents the BB companion show. (S)

12.05 SuperCasino 3.10 Police Interceptors (S)(R) 4.00 Criminals: Caught on Camera (S)(R) 4.45 Divine Designs (S)(R) 5.10 Great Artists (S)(R) 5.35 House Doctor (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals 6.20 Dinner Date 7.10 The Ellen DeGeneres Show 8.00 Emmerdale 8.30 Coronation Street 9.00 Totally Bonkers Guinness World Records 9.30 Psych 10.20 Scorpion 11.15 Dinner Date 12.15 Emmerdale 12.45 Coronation Street 1.15 Totally Bonkers Guinness World Records 1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 5.50 Take Me Out 7.00 You've Been Framed! 8.00 Two and a Half Men 9.00 FILM: The Dark Knight (2008) (12) 10.00 FYI Daily 10.05 FILM: The Dark Knight (2008) (12) 12.00 Family Guy 12.55 American Dad! 1.25 The Vampire Diaries 2.20 Teleshopping

ITV3 SKY: 119 FV: 10 6.00 Doctor in the House 6.25 Heartbeat 7.30 Where the Heart Is 8.35 The Royal 9.40 Judge Judy 10.55 Murder, She Wrote 12.00 Love Your Garden 1.00 Heartbeat 2.05 The Royal 3.10 Where the Heart Is 4.15 Doctor in the House 4.50 On the Buses 5.20 Man About the House 5.55 Heartbeat 7.00 Murder, She

Wrote 8.00 Endeavour 10.00 Law & Order: UK 11.00 Wydiffe 12.05 Inspector Morse 2.05 ITV3 Nightscreen 2.30 Teleshopping

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 Top of the Pops: 1982 8.00 Yellowstone 9.00 The Fairytale Castles of King Ludwig II with Dan Cruickshank 10.00 Peggy Guggenheim: Art Addict 11.30 Sinatra: All or Nothing at All 1.25 Top of the Pops: 1982 2.00 Peggy Guggenheim: Art Addict 3.30 Close

E4 SKY: 136 FV: 28

6.00 Charmed 7.35 Hollyoaks 8.05 Rules of Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 How I Met Your Mother 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 The Big Bang Theory 9.00 New Girl 9.30 Angie Tribeca 10.00 The IT Crowd 11.00 The Big Bang Theory 12.00 Gogglebox 1.00 First Dates 2.05 Rude Tube 3.00 The IT Crowd 3.50 Angle Tribeca

4.10 Rude(ish) Tube 4.35 Rules of Engagement MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.35 A Place in the Sun: Summer Sun 10.35 Food Unwrapped 11.10 Kirstie's Vintage Gems 11.30 FILM: Man Without a Star (1955) (PG) 1.20 Dare to Believe: Jack Rutter 1.25 Time Team 3.35 A Place in the Sun: Summer Sun 5.45 Selling Houses with Amanda Lamb 6.50 Building the Dream 7.55 Grand Designs 9.00 Love Child 10.00 8 Out of 10 Cats Does Countdown 11.05 Britain's Benefit Tenants 12.10 Ramsay's Kitchen Nightmares USA 1.15 8 Out of 10 Cats Does Countdown 2.15 Britain's Benefit Tenants 3.20 Kirstie's Handmade Treasures 3.35

FILM4 SKY: 315 FV: 15

11.00 Stagecoach (1966) (PG) 1.15 Sahara (1943) (PG) 3.20 The Gunfighter (1950) (U) 5.00 Lifeboat (1944) (PG) 6.55 Adventures in Babysitting (1987) (12) 9.00 Ender's Game (2013) (12) 11.15 Knowing (2009) (15) 1.35 Potiche (2010) (15) 3.45 Close

DAVE SKY: 111 FV: 12

7.20 Scrapheap Challenge 8.10 Top Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters 11.30 Storage Hunters UK 12.00 Top Gear 1.00 Caribbean Premier League T20 Cricket 5.00 Top Gear 7.00 American Pickers 8.00 Would I Lie to You? 9.20 QI 10.40 Mock the Week 12.00 QI XL 1.00 Have I Got a Bit More News for You 2.00 Alan Davies: As Yet Untitled 3.00 Lizard Lick Towing 4.00 Close SKY1 SKY: 106

6.00 Monkey Life 8.00 Ninja Warrior 8.30 Ninja Warrior Women Tournament 9.00 Forever 10.00 Hawaii Five-0 12.00 Forever 1.00 Hawaii Five-0 3.00 Road Wars 4.00 Futurama 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 Carpool Karaoke 9.00 Don't Tell the Bride 10.00 Modern Family 11.00 A League of Their Own 12.00 Hawaii Five-0 2.00 A League of Their Own 3.00 Brit Cops: Law & Disorder 4.00 UK Border Force 5.00 Ninja Warrior 5.30 Ninja Warrior Women

SKY ATLANTIC SKY: 108

6.00 The British 7.00 The Guest Wing 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 Billions 11.20 FILM: Nightingale (2015) (12) 1.05 Billions 3.25 Curb Your Enthusiasm 4.00 The British W SKY: 109

6.00 Dynamo: Top Ten Greatest Moments 6.10 MasterChef Australia 8.00 Extreme Makeover: Home Edition 9.00 My Dream Home 10.00 The Bill 11.00 Tipping Point 1.00 Judge Faith 2.00 Traffic Cops 3.00 Extreme Makeover: Home Edition 4.00 My Dream Home 5.00 Tipping Point 7.00 Extreme Makeover: Home Edition 8.00 MasterChef Junior USA 9.00 Life and Death Row 10.00 EastEnders 10.40 The Catherine Tate Show 11.50 Traffic Cops 12.55 EastEnders 1.25 Judge Faith 2.10 Sea City 2.45 Dynamo: Top Ten Greatest Moments 3.00 Home Shopping



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Friday July 22nd

BBC1

EastEnders,



6.00 Breakfast (S) 9.15 Right on the Money (S) 10.00 Homes Under the Hammer (S)(R) 11.00 Fake Britain (S) (R) 11.45 Neighbourhood Blues (S) 12.15 Bargain Hunt (S) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country A couple looking for a property with business potential in the Yorkshire Dales. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! Valuing antiques in Oxford. (S) 5.10 Pointless Celebrities (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News Programmes (S)

7.00 The One Show Hosted by Alex Jones. (S)

7.30 A Question of Sport With Louis Smith, Hayley Turner, Chris Woakes and Michael Jamieson; (S)(R) BBC News; Regional News (S)

8.00 EastEnders Lauren confronts Lee about him and Abi. (S) 8.30 Celebrity MasterChef The six remaining celebrity cooks enter the semi-finals. (S)

10.00 BBC News at Ten (S) 10.25 BBC Regional News and Weather; (S) National Lottery Update (S)

10.35 New Tricks (S)(R)

11.35 FILM Entrapment (1999) (12)
Crime thriller, starring Sean
Connery and Catherine ZetaJones. (S)

AFTER 1.25 Weather for the Week Ahead (S)
1.30 BBC News (S)

BBC₂



6.00 Right on the Money (S)(R) 6.45
Garden Rescue (S)(R) 7.30 The Hairy
Builder (S)(R) 8.00 Sign Zone: The
£100K House: The Final Fix (S)(R)
9.00 Victoria Derbyshire (S) 11.00
BBC Newsroom Live (S) 12.00 FILM
Show Boat (1951) (U) (S) 1.45 Coast
(S)(R) 2.15 An Island Parish: Falklands
(S)(R) 2.45 David Attenborough's
Natural Curiosities (S)(R) 3.10 Africa
The varied wildlife of the Sahara
Desert. (S)(R) 4.10 Michael Palin's
New Europe Travels in Bulgaria and
Turkey. (S)(R) 5.10 Antiques
Roadshow (S)(R) 6.00 Eggheads (S)
6.30 The Hairy Builder (S)

7.00 RHS Tatton Flower Show 2016

Monty Don and Joe Swift reveal
the winners of the Best Show
Garden and Best Back to Back
Garden contests, while Carol
Klein tours the showground. (S)

8.00 Athletics: London Anniversary
Games Gabby Logan presents
coverage of the opening day
from the Olympic Stadium in
London, which serves as the
10th meeting of the Diamond
League campaign. (S)

10.00 Clare Balding Meets Jessica Ennis-Hill New series. An interview with the heptathlon star. (S)

10.30 Newsnight (S)

11.00 Artsnight - Val McDermid The relationship between fiction, video games and crime documentaries; (S) Weather (S) 11.30 Tom Jones' 1950s: The Decade That Made Me (S)(R)

12.30 FILM Chico & Rita (2010) (15)
Animated drama, with the voices of
Eman Xor Ona and Limara Meneses.
2.00 Sign Zone: Forces of Nature with
Brian Cox (S)(R) 3.00 Just Call Me
Martina (S)(R) 4.00 This Is BBC Two (S)

ITV



6.00 Good Morning Britain (S) 8.30 Lorraine Entertainment and fashion news. (S) 9.25 The Jeremy Kyle Show (S) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Real-life cases in a studio courtroom. (S)(R) 3.00 Dickinson's Real Deal (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

7.00 Emmerdale Lawrence closes down the salon. (S)

7.30 Coronation Street Leanne resolves to tell the baby's father.
(S)

8.00 Gino's Italian Escape - Islands in the Sun Chef Gino D'Acampo tours Sardinia. (S)(R)

8.30 Coronation Street Leanne confronts the unsuspecting dad. (S)

9.00 Doc Martin The irascible medic moves out of the surgery to give Louisa space, PC Penhale helps Janice babysit, and Al is concerned when he finds out there are bailiffs at the restaurant. (S)(R)

10.00 ITV News; Weather (S)
10.30 ITV Regional News; Weather (S)
10.40 FILM Total Recall (1990) (15)
Sci-fi thriller, starring Arnold
Schwarzenegger and Rachel
Ticotin. (S)

12.45 Jackpot247 3.00 Murder, She Wrote (S)(R) 3.50 ITV Nightscreen

Channel 4

Rude Tube, 10.35pm



7.25 Everybody Loves Raymond (S) (R) 7.50 Dare to Believe: Lauren Steadman (S)(R) 7.55 Everybody Loves Raymond (S)(R) 8.25 Frasier (S) (R) 8.55 Formula 1: Hungarian Grand Prix Practice 1 Live (S) 10.40 Salvage SOS (S)(R) 11.05 Car SOS (S)(R) 12.00 Channel 4 News (S) 12.05 Couples Come Dine with Me (S)(R) 12.55 Formula 1: Hungarian Grand Prix Practice 2 Live (S) 2.40 Travel Man: 48 Hours in Venice (S)(R) 3.10 Countdown (S) 4.00 The Question Jury (S) 5.00 Couples Come Dine with Me (S) 6.00 The Simpsons (S)(R) 6.30 Hollyoaks (S)

7.00 Channel 4 News (S)

8.00 Gogglesprogs Young TV viewers offer their honest, inimitable and ultimately hilarious take on Eating Well with Hemsley + Hemsley and Fierce. Last in the series. (S)

9.00 Celebrity First Dates Brad Simpson, Bernie Clifton, Keegan Hirst and Natasha Hamilton go in search of romance with members of the public. (S)

10.00 Friday Night Dinner New series. Dad accidentally invites someone he hates to dinner. (S)

10.35 Rude Tube Alex Zane presents the top 50 internet mash-ups. (S)(R)

11.35 Man Down Dan meets the teacher who has replaced him. (S)(R)

12.10 FILM Wanderlust (2012) (15) (S) 1.55 Dare to Believe: Georgie Hermitage (S)(R) 2.00 Peep Show (S) (R) 2.25 Catastrophe (S)(R) 2.55 Posh Pawn (S)(R) 3.50 French Collection (S) (R) 4.45 Fifteen to One (S)(R)

Channel 5

Big Brother: Live Eviction, 9pm



6.00 Milkshake! 9.15 The Wright Stuff Panel discussion. 11.15 To B&B the Best (S) 12.10 5 News Lunchtime (S) 12.15 Big Brother (R) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS Harper Dearing is hunted following the attack on the NCIS headquarters. (S)(R) 3.15 FILM A Husband's Confession (2015) (12) Premiere. Drama, starring JR Bourne. (S) 5.00 5 News at 5 (S) 5.30 Neighbours Jack arrives at his decision. (S)(R) 6.00 Home and Away Kat finds out the Charlotte King murder case is being reopened. (S)(R) 6.30 5 News Tonight (S)

7.00 Cricket on 5 England v Pakistan. Mark Nicholas presents action from the opening day of the Second Test in the four-match series, which took place at Old Trafford; (S) 5 News Update (S)

8.00 America's Hidden Pyramid City: Ancient Mysteries A team of experts uses cutting-edge technology to examine the history of an ancient Native American civilisation; (S)(R) 5 News Update (S)

9.00 Big Brother: Live Eviction Emma Willis makes the announcement as another housemate gets the boot. (S)

10.30 Big Brother's Bit on the Side Rylan Clark-Neal and his guests discuss tonight's eviction, debating whether the public made the right decision and chatting to the evictee. (S)

11.30 Lip Sync Battle Channing Tatum takes on his wife Jenna Dewan Tatum. (S)

12.15 SuperCasino 3.10 Big Brother: The Eviction (S)(R) 4.20 Criminals: Caught on Camera (S)(R) 4.45 Divine Designs (S)(R) 5.10 Angels of Jarm (S) (R) 5.20 Roary the Racing Car (S)(R) 5.30 Peppa Pig (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals 6.20 Dinner Date 7.10
The Ellen DeGeneres Show 8.00 Emmerdale 9.00
Coronation Street 9.30 Psych 10.20 Scorpion 11.15
Dinner Date 12.15 Emmerdale 1.15 Coronation Street
1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle
Show 5.50 Take Me Out 7.00 You've Been Framed!
Bounces Back! 8.00 Two and a Half Men 9.00 FILM:
The Bourne Identity (2002) (12) 10.00 FYI Daily 10.05
FILM: The Bourne Identity (2002) (12) 11.20 Family
Guy 12.25 American Dad! 1.20 The Cleveland Show
2.15 Teleshopping 5.45 ITV2 Nightscreen
ITV3 SKY: 119 FV: 10

6.00 Doctor in the House 6.25 Heartbeat 7.30 Where the Heart Is 8.35 The Royal 9.35 Judge Judy 10.55 Murder, She Wrote 12.00 Love Your Garden 1.00 Heartbeat 2.05 The Royal 3.05 Where the Heart Is 4.15 Doctor in the House 4.50 On the Buses 5.20 Man About the House 5.55 Heartbeat 7.00 Murder, She Wrote 8.00 Birds of a Feather 9.00 Paul O'Grady: For

the Love of Dogs 10.00 Law & Order: UK 11.00 Wycliffe 12.05 A Touch of Frost 2.05 Long Lost Family 3.00 Rory Bremner's Great British Views 4.40 Man About the House 5.05 Judge Judy 5.30 ITV3 Nightscreen

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 BBC Proms
2016: Strictly Prom 9.30 People's History of Pop 10.30
When Pop Went Epic: The Crazy World of the Concept
Album 11.30 Totally 60s Psychedelic Rock at the BBC
12.30 People's History of Pop 1.30 When Pop Went
Epic: The Crazy World of the Concept Album 2.30
Totally 60s Psychedelic Rock at the BBC 3.30 Close
E4 SKY: 136 FV: 28

6.00 Charmed 7.35 Hollyoaks 8.05 Rules of Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 How I Met Your Mother 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 The Big Bang Theory 9.00 FILM: The A-Team (2010) (12) 11.20 The Big Bang Theory 12.10 Gogglebox 1.15 First Dates 2.20 Rude Tube 4.10 Rude(ish) Tube 5.00 Rules of Engagement MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.30 A Place in the Sun: Summer Sun 10.30 Food Unwrapped 11.05 FILM: Escape to Athena (1979) (PG) 1.25 Time Team 3.35 A Place in the Sun: Summer Sun 5.45 Selling Houses with Amanda Lamb 6.50 Building the Dream 7.55 Grand Designs 9.00 The Out-Laws 10.10 8 Out of 10 Cats Does Countdown 12.20 Ramsay's Kitchen Nightmares USA 1.20 Love Child 2.20 8 Out of 10 Cats Does Countdown 3.20 River Cottage Bites 3.35 Close FILM4 SKY: 315 FV: 15

11.00 Summer Holiday (1963) (U) 1.15 Diary of a Wimpy Kid (2010) (PG) 3.05 Imagine That (2009) (PG) 5.15 Ice Age: Dawn of the Dinosaurs (2009) (U) 7.00 Percy Jackson: Sea of Monsters (2013) (PG) 9.00 Unknown (2011) (12) 11.15 Fifth (2013) (18) 1.10 Wild Things (1998) (18) 3.25 Close

DAVE SKY: 111 FV: 12

7.00 Flip Men 7.20 Scrapheap Challenge 8.10 The Best of Top Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters UK 12.00 Top Gear 1.00 Caribbean Premier League T20 Cricket 5.00 The Best of Top Gear 6.00 Top Gear 7.00 American Pickers 8.00 Taskmaster 9.00 QI XL 10.00 Have I Got a Bit More News for You 11.00 Would I Lie to You? 12.20 Russell Howard's Good News 1.00 Dave Gorman: Modern Life Is Goodish 2.00 Alan Davies: As Yet Untitled 3.00 Lizard Lick Towing 4.00 Close SKY1 SKY: 106

8.00 Ninja Warrior Women Tournament 9.00 Forever 10.00 Hawaii Five-0 12.00 Forever 1.00 Hawaii Five-0 3.00 Road Wars 4.00 Futurama 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 Modern Family 9.00 Carpool Karaoke 10.00 The Last Ship 11.00 Zoo 12.00 Hawaii Five-0 2.00 A League of Their Own 3.00 Brit Cops: Law & Disorder 4.00 UK Border Force 5.00 Ninja Warrior Women Tournament

SKY ATLANTIC SKY: 108

7.00 The Guest Wing 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 FILM: Back on Board: Greg Louganis (2014) 10.45 Oz 1.15 Cold Case 2.15 Curb Your Enthusiasm 2.55 Six Feet Under W SKY: 109

6.00 Bondi Rescue 6.45 MasterChef Australia 8.05
Extreme Makeover: Home Edition 9.00 My Dream
Home 10.00 The Bill 11.00 Tipping Point 1.00 Judge
Faith 2.00 Motorway Cops 3.00 Extreme Makeover:
Home Edition 4.00 My Dream Home 5.00 Tipping Point
7.00 Extreme Makeover: Home Edition 8.00
MasterChef Junior USA 9.00 Dynamo: Magician
Impossible 10.00 EastEnders 10.40 FILM: America's
Sweethearts (2001) (12) 12.45 Motorway Cops 1.45
EastEnders 2.15 Judge Faith 2.38 Dynamo: Top Ten
Greatest Moments 3.00 Home Shopping

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THIS WEEK: WIN TICKETS TO CROPREDY!

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Saturday July 23rd

BBC1

The Getaway Car, 6.50pm



6.00 Breakfast (S) 10.00 Saturday
Kitchen Live (S) 11.30 Mary Berry's
Absolute Favourites (S)(R) 12.00 BBC
News; Weather (S) 12.15 Bargain
Hunt (S)(R) 12.45 Faster, Higher,
Stronger: Katarina's Olympic Dream
(S) 1.15 Athletics: London
Anniversary Games Day one from the
Olympic Stadium. (S) 5.15 FILM Toy
Story (1995) (PG) Pixar animated
adventure, with the voices of Tom
Hanks and Tim Allen. (S) 6.30 BBC

Hanks and Tim Allen. (S) 6.30 BBC
News (S) 6.40 BBC Regional News;
Weather (S) 6.50 The Getaway Car
Car-based game show, presented by
Dermot O'Leary. (S)

7.40 The National Lottery: Five Star

8.30 The Musketeers Grimaud kidnaps Aramis and threatens to demolish the Queen's good

Family Reunion Families answer

questions to win a once-in-a-

lifetime reunion. Last in the

series. (S)

name. (S)

9.25 BBC News; Weather (S)
9.45 Mrs Brown's Boys Live The comedy starring Brendan O'Carroll goes live for a special episode. (S)

10.15 Peter Kay: 20 Years of Funny A celebration of the Bolton comedian's two decades in the business; (S)(R) National Lottery Update (S)

11.15 FILM The Wedding Video (2012) (15) Comedy, with Rufus Hound, Lucy Punch and Robert Webb. (S)

AFTER 12.45 Weather for the Week Ahead (S) 12.50 BBC News (S)

BBC₂

Gardeners' World, 5.30pm



6.55 Coast (S)(R) 7.45 FILM The Valley of Gwangi (1969) (PG) (S) 9.20 Taking Flight: Britain's America's Cup Challenge (S) 10.10 Homes Under the Hammer (S)(R) 11.10 Natural World (S)(R) 12.00 The Hairy Bikers' Northern Exposure (S)(R) 1.00 FILM Day of the Evil Gun (1968) (PG) (S) 2.30 Escape to the Continent (S)(R) 3.30 Flog It! (S)(R) 4.30 Full Steam Ahead (S)(R) 5.30 Gardeners' World (S)(R) 6.00 Newsnight Special: Life After Brexit (S) 6.50 Proms Extra 2016 Katie Derham returns with the weekly magazine show about the classical music season. (S)

7.30 Dad's Army The platoon has a steam engine problem. (S)(R)

8.00 The Marvellous World of Roald
Dahl Documentary telling the
story of the life of Roald Dahl,
with contributions by Dahl's wife
Liccy, his daughter Lucy,
biographer Donald Sturrock and
illustrator Quentin Blake. (S)

9.00 Keith Richards: The Origin of the Species In a documentary directed by acclaimed filmmaker Julien Temple, the Rolling Stones guitarist looks back at his formative years in the aftermath of the Second World War. (S)

10.00 QI XL (S)(R)
10.45 Versailles With Louis laid low by
a major fever, those conspiring
against him grow in strength
and confidence; (S)(R) Inside
Versailles. (S)(R)

11.45 FILM I Am Number Four (2011) (12) Sci-fi thriller, starring Alex Pettyfer and Timothy Olyphant. (S)

1.25 FILM Far from Home (1989) (18) Thriller, starring Drew Barrymore. (S) 2.50 This Is BBC Two (S) ITV



6.00 CITV 8.25 ITV News (S) 8.30 Weekend With Alexandra Burke, Miles Jupp, Bryan Adams and Gregory Porter. (S) 9.25 Murder, She Wrote (S)(R) 11.20 Who's Doing the Dishes? (S)(R) 12.20 ITV News; Weather (S) 12.25 The Wine Show (S) 1.30 Big Box Little Box (S)(R) 2.00 Doc Martin The GP is baffled by a patient's bad case of body odour. (S)(R) 3.00 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 4.00 Midsomer Murders A land dispute leads to murder. (S)(R) 6.00 ITV Regional News; Weather (S) 6.15 ITV News (S) 6.30 You've Been Framed! Gold (S)(R)

7.00 Catchphrase Guessing game, hosted by Stephen Mulhern. (S)
 7.45 FILM The Amazing Spider-Man (2012) (12) Comic-book adventure reboot, starring Andrew Garfield and Emma Stone. (S)

Channel 4

A Place in the Sun: Winter Sun, 4.45pm



6.05 The Grid (S) 6.30 Gillette World Sport (S) 7.00 Tenerife Bluetrail Action from the trail running event. (S) 7.25 British Rally Championship (S) 7.50 Dare to Believe: Georgie Hermitage (S)(R) 7.55 Everybody Loves Raymond (S)(R) 8.55 The Morning Line (S) 9.55 Formula 1: **Hungarian Grand Prix Practice 3 Live** (S) 11.25 The Superhumans Show (S) 11.55 Formula 1: Hungarian Grand Prix Qualifying Live (S) 2.30 Channel 4 Racing Live coverage from Ascot and York. (S) 4.45 A Place in the Sun: Winter Sun (S) 5.30 Channel 4 News (S) 5.55 FILM Grease (1978) (PG) (S)

8.00 Alan Carr's Grease Night The presenter is joined by celebrity guests including comedian Katherine Ryan and Didi Conn (Frenchy) to celebrate the film. (S)

10.00 FILM The Inbetweeners

Movie (2011) (15) Awkward
teenagers Simon, Will, Jay and
Neil head to Greece for a wild
holiday – but things do not go to
plan. Comedy, with Joe Thomas
and Simon Bird. (S)

11.50 Dare to Believe: Jack Rutter A profile of the captain of Great Britain's disability football team. (S)(R)

11.55 Ramsay's Kitchen Nightmares USA (S)(R)

12.55 FILM Rec 3: Genesis (2012) (18) 2.20 Dare to Believe: Ali Jawad (S) (R) 2.25 Hollyoaks (S)(R) 4.25 French Collection (S)(R) 5.20 Kirstie's Vintage Gems (S)(R) 5.30 Countdown (S)(R) Channel 5

NCIS.

8pm



6.00 Milkshake! 8.25 Teenage Mutant Ninja Turtles (S)(R) 9.00 The Saturday Show Live Topical show looking at the week's headlines. (S) 11.10 Police Interceptors (S)(R) 12.00 Benefits: Can't Work, Won't Work People unable to work due to health problems and those who refuse to get jobs. (S)(R) 1.00 Benefits: 26 Kids & Claiming (S)(R) 2.00 Benefits: Yorkshire Dole The lives of people existing on state welfare. (S)(R) 3.00 Benefit Beauty Queens People who aspire to glamorous lifestyles. (S)(R) 4.00 World's Strongest Man 2015 (S) (R) 6.55 5 News Weekend (S)

7.00 Cricket on 5 England v Pakistan. Mark Nicholas presents action from day two of the Second Test in the four-match series, which took place at Old Trafford. (S)

8.00 NCIS The team aids in a global investigation into an international terror group. (S)

8.55 5 News Weekend (S)

9.00 Big Brother Highlights of the latest in the BB house, including how the latest eviction has affected the others – who are all now through to Tuesday night's final. (S)

10.00 FILM The Expendables (2010)
(15) A mercenary team is
double-crossed while on a
mission to kill a South American
dictator. Action thriller, directed
by and starring Sylvester
Stallone. (S)

12.05 SuperCasino 3.10 Big Brother (S)(R) 4.00 Now That's Funny! (S)(R) 4.50 Divine Designs (S)(R) 5.20 Nick's Quest (S)(R) 5.40 Angels of Jarm (S)(R) 5.50 Roary the Racing Car (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Totally Bonkers Guinness World Records 6.30 Emmerdale 9.40 Coronation Street 12.35 Catchphrase Celebrity Special 1.35 Ninja Warrior UK 2.35 FILM: The Flintstones (1994) (U) 3.35 FYI Daily 3.40 FILM: The Flintstones (1994) (U) 4.20 FILM: Nanny McPhee (2005) (U) 5.20 FYI Daily 5.25 FILM: Nanny McPhee (2005) (U) 6.15 FILM: Liar Liar (1997) (12) 7.15 FYI Daily 7.20 FILM: Liar Liar (1997) (12) 8.00 FILM: Burlesque (2010) (12) 9.00 FYI Daily 9.05 FILM: Burlesque (2010) (12) 10.25 Family Guy 11.55 American Dad! 12.55 The Cleveland Show 1.50 Totally Bonkers Guinness World Records 2.20 Planet's Funniest Animals 2.40 Teleshopping 5.40 ITV2 Nightscreen

ITV3 SKY: 119 FV: 10 6.00 On the Buses 6.25 Where the Heart Is 8.20 Inspector Morse 10.30 Rosemary & Thyme 12.10 Agatha Christie's Marple 2.10 FILM: The Belles of St

Trinian's (1954) (U) 3.10 FYI Daily 3.15 FILM: The

Belles of St Trinian's (1954) (U) 4.00 FILM: Agatha (1979) (PG) 5.00 FYI Daily 5.05 FILM: Agatha (1979) (PG) 6.00 Midsomer Murders 8.00 Lewis 10.00 A Touch of Frost 12.10 The Jury 1.10 City Lights 2.05 ITV3 Nightscreen 2.30 Teleshopping

BBC4 SKY: 116 FV: 9

7.00 The Search for the Lost Manuscript: Julian of Norwich 8.00 Who Were the Greeks? 9.00 Beck: The Weak Link 10.30 Sinatra: All or Nothing at All 12.35 Gershwin's Summertime: The Song That Conquered the World 1.35 Sings James Bond 2.35 Top of the Pops: 1982 3.15 Close

E4 SKY: 136 FV: 28

6.00 Rude(ish) Tube 7.35 Jane the Virgin 8.35 The Mindy Project 9.30 Baby Daddy 10.30 How I Met Your Mother 11.30 Rich Kids of Instagram 12.30 Melissa & Joey 1.30 Baby Daddy 2.30 New Girl 3.00 The Goldbergs 5.00 Brooklyn Nine-Nine 6.00 The Big Bang Theory 9.00 FILM: Bad Teacher (2011) (15) 10.50 Gogglebox 12.55 Rude Tube 2.55 2 Broke Girls 3.40

How I Met Your Mother 4.20 Rude(ish) Tube 4.45 Revenge

12.50 Jackpot247 3.00 Murder, She

Wrote (S)(R) 3.50 ITV Nightscreen

10.20 ITV News; Weather (S)

10.35 FILM Inside Man (2006) (15) A

negotiator deals with a hostage

fixer is sent to make sure secrets

in the vault stay hidden. Thriller,

starring Denzel Washington. (S)

crisis at a bank, but a political

MORE4 SKY: 138 FV: 14

8.55 Come Dine with Me 11.45 Athletics: Anniversary Games Live. 2.15 Dare to Believe: Natasha Baker 2.20 Food Unwrapped 2.50 Kirstie's Fill Your House for Free 3.10 Celebrity Come Dine with Me 5.15 Britain's Favourite Children's Books with David Walliams 6.55 Beatrix Potter with Patricia Routledge 8.00 Grand Designs 9.00 FILM: Amy (2015) (15) Documentary portrait of singer-songwriter Amy Winehouse. 11.40 Amy Winehouse: Live at Shepherd's Bush Empire 12.45 8 Out of 10 Cats Does Countdown 1.50 Channel 4's Comedy Gala 2014 2.40 Grand Designs 3.45 Close FILM4 SKY: 315 FV: 15

11.00 Picture Perfect (1997) (PG) 1.00 Ice Age: Continental Drift (2012) (U) 2.55 Fast Girls (2012) (12) 4.40 Ferris Bueller's Day Off (1986) (15) 6.45 The Three Musketeers (2011) (12) 9.00 RoboCop (2014) (12) Sci-fi thriller remake, starring Joel Kinnaman. 11.15 The Treatment (2014) (18) Premiere. Belgian thriller, starring Geert Van Rampelberg. 1.50 21 & Over (2013) (15) 3.45 Close

DAVE SKY: 111 FV: 12

7.10 Bush Pilots 8.00 Top Gear 9.00 Storage Hunters 10.00 Storage Hunters UK 11.00 Top Gear 4.00 Storage Hunters 5.00 Storage Hunters UK 5.30 Storage Hunters 6.00 Storage Hunters UK 7.00 Dynamo: Magician Impossible 8.00 QI XL 10.00 Taskmaster 11.00 Dave Gorman: Modern Life Is Goodish 12.00 QI XL 1.00 Alan Davies: As Yet Untitled 2.50 Lizard Lick Towing 4.00 Close SKY1 SKY: 1.06

6.00 The Dog Whisperer 7.00 Ashley Banjo's Secret Street Crew 9.00 The F1 Show 9.30 What's Up 10.00 Finding Pixar 10.30 Star Trek Beyond: Special 11.00 Guitar Star 12.00 David Attenborough's Galapagos 1.00 My Lion and Me 2.00 My Dolphin and Me 3.00 Futurama 6.00 Modern Family 8.00 Agatha Raisin 9.00 FILM: Underworld (2003) (15) Supernatural action thriller, starring Kate Beckinsale. 11.20 A
League of Their Own 12.20 Karl Pilkington: The
Moaning of Life 1.10 Brit Cops: Law & Disorder 3.00
Road Wars 4.00 Border Security: Canada's Front Line
5.00 Gordonstoun: A Different Class

SKY ATLANTIC SKY: 108

6.00 The Petrol Age 7.00 Networks of Power with Sir Christopher Meyer 8.00 Cold Case 11.00 David Attenborough's Kingdom of Plants 12.00 Blue Bloods 5.00 Without a Trace 9.00 Game of Thrones 11.20 Billions 1.40 Curb Your Enthusiasm 3.00 Six Feet Under 4.00 The Petrol Age 5.00 Networks of Power with Sir Christopher Meyer

W SKY: 109

6.00 Dynamo: Top Ten Greatest Moments 6.10 Best in Town 9.05 The Bill 2.10 EastEnders 4.40 Extreme Makeover: Home Edition 7.35 Outnumbered 9.00 FILM: Maid in Manhattan (2002) (PG) 11.10 Traffic Cops 12.30 The Route Masters: Running London's Roads 1.30 Haunted Collector 3.00 Home Shopping

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Sunday July 24th

BBC₁

Fake or Fortune?, 8pm



6.00 Breakfast (S) 9.00 The Andrew Marr Show (S) 10.00 Sunday Morning Live (S) 11.00 Wanted Down Under (S)(R) 12.00 Bargain Hunt (S)(R) 1.00 BBC News: Weather (S) 1.15 Homes Under the Hammer (S)(R) 2.15 Escape to the Country (S)(R) 3.00 Animal Super Parents The fascinating behaviours of the natural world's most dedicated parents. (S)(R) 4.00 Eat Well for Less? Helping a family whose different shopping styles are causing arguments. (S)(R) 5.00 Lifeline (S) 5.10 Songs of Praise (S) 5.45 Pointless Celebrities (S)(R) 6.30 BBC News (S) 6.50 BBC Regional News; Weather (S)

7.00 Countryfile An episode from Cumbria marking the 150th anniversary of Beatrix Potter's birth. Includes weather for the week ahead. (S)

8.00 Fake or Fortune? Fiona Bruce and art expert Philip Mould investigate whether a painting in a B&B is the work of French artist Paul Delaroche, and find it may have belonged to France's last king. (S)

9.00 The Secret Agent Verloc leaves the city for Michaelis' Kent cottage to prepare his bombing plot, taking Stevie with him. Back in London, the Professor prepares to take action against Inspector Heat. (S)

10.00 BBC News (S) 10.20 BBC Regional News; Weather (S) 10.30 Live at the Apollo Sarah

10.30 Live at the Apollo Sarah Millican hosts, with Russell Kane and Steve Hughes. (S)(R)

11.15 FILM Dinner for Schmucks (2010) (12) Comedy, with Steve Carell and Paul Rudd. (S)

AFTER 1.00 Weather for the Week Ahead (S)
1.05 BBC News (S)

BBC₂



8.00 Gardeners' World (S)(R) 8.30 Countryfile (S)(R) 9.30 Saturday Kitchen Best Bites (S)(R) 11.00 A Cook Abroad: Rachel Khoo's Malaysia (S)(R) 12.00 Lorraine Pascale: How to Be a Better Cook (S)(R) 12.30 Inspire: The Olympic Journey (S) 1.00 Hitchcock's Leading Actors: Talking Pictures (S)(R) 1.30 FILM Rear Window (1954) (PG) (S) 3.20 David Attenborough's Natural Curiosities (S)(R) 3.45 Flog It! (S)(R) 4.30 New Zealand: Earth's Mythical Islands (S) (R) 5.30 Clare Balding Meets Heather Stanning and Helen Glover (S) 6.00 FILM Real Steel (2011) (12) (S)

8.00 Robot Wars New series. Dara O
Briain and Angela Scanlon host
the revival of the series in which
radio-controlled robots created
by teams of amateur engineers
battle it out in an arena. (S)

9.00 Dragons' Den New series. Evan
Davis presents the business
ideas contest, with the panel
considering the potential of
plans for miniature pencils, giant
beanbags and boot-cleaning
machines. (S)

10.00 Fixing Dad Two brothers document their efforts to ensure their father adopts a healthier lifestyle, as he struggles with various conditions linked to diabetes that threaten his life. (S)

11.00 Horizon: Sports Doping – Winning at Any Cost? Dr Xand van Tulleken investigates the world of performance enhancing drugs. (S)(R)

12.00 Sign Zone: Countryfile (S)(R) 12.55 Holby City (S)(R) 1.55 This Is BBC Two (S) ITV

The Chase: Celebrity Special, 7pm

6.00 CITV 8.25 ITV News (S) 8.30
Weekend (S) 9.25 Murder, She Wrote
(S)(R) 11.20 Judge Rinder Real-life
cases in a studio courtroom. (S)(R)
12.20 ITV News; Weather (S) 12.25
Rebound (S)(R) 1.25 Long Lost Family
A woman looks to put an end to a
family secret. (S)(R) 2.30 Love Your
Garden Alan Titchmarsh and the
team head to Bolton. (S)(R) 3.30
Midsomer Murders A magistrate is
found shot. (S)(R) 5.30 Masterpiece
with Alan Titchmarsh From Parham
House, West Sussex. (S)(R) 6.30 ITV
Regional News; Weather (S) 6.45 ITV
News (S)

7.00 The Chase: Celebrity Special
Astrologer Russell Grant, Atomic
Kitten singer Liz McClarnon,
Loose Women's Sherrie Hewson
and entertainer Des O'Connor
take on a trivia expert. Bradley
Walsh hosts. (S)(R)

8.00 FILM Quantum of Solace
(2008) (12) James Bond sets out
on a personal mission of
vengeance and uncovers a plan
to cause a coup in a Latin
American country. Spy thriller
sequel, with Daniel Craig. (S)

10.05 ITV News; Weather (S)
10.15 FILM I Am Legend (2007) (15)
Sci-fi thriller, with Will Smith and
Alice Braga. (S)

12.05 River Monsters (S)(R) 12.30 Jackpot247 3.00 Motorsport UK (S) 3.50 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R) **Channel 4**

Friday Night Dinner, 11.05pm



6.15 Shipping Wars (S)(R) 7.00 The King of Queens (S)(R) 7.55 Frasier (S) (R) 8.55 Dare to Believe: Natasha Baker (S)(R) 9.00 Sunday Brunch (S) 12.00 Formula 1: Hungarian Grand Prix Live (S) 3.30 Anniversary Games Athletics 2016 (S) 4.00 Dare to Believe: Jordanne Whiley (S)(R) 4.05 A Place in the Sun: Winter Sun (S) 5.05 FILM Toy Story That Time Forgot (2014) (U) Premiere. Short animated comedy, with the voices of Tom Hanks and Tim Allen. (S) 5.30 FILM Finding Nemo (2003) (U) Animated adventure, with the voices of Albert Brooks and Ellen DeGeneres. (S)

7.30 Channel 4 News (S)

8.00 Saddam Goes to Hollywood
Documentary about a movie
bankrolled by Saddam Hussein
to tell the story of the founding
of Iraq, but which was disrupted
by attempting to film during the
war with Iran. (S)

9.00 FILM The Secret Life of Walter Mitty (2013) (PG) Premiere. Comedy drama, with Ben Stiller and Kristen Wiig. (S)

11.05 Friday Night Dinner (S)(R) 11.40 Dare to Believe: Hannah Cockroft (S)(R)

11.45 Formula 1 2016 Hungarian Grand Prix Highlights (S)

12.45 FILM Escape from Alcatraz (1979) (15) (S) 2.40 Born on the Same Day (S)(R) 3.35 Superfoods: The Real Story (S)(R) 4.00 Posh Pawn (S)(R) 5.00 Kirstie's Fill Your House for Free (S)(R) 5.15 Fifteen to One (S)(R) Channel 5

Puppies Make You Laugh Out Loud 2,



6.00 Milkshake! 9.55 Teenage
Mutant Ninja Turtles Donnie finds
himself losing his intelligence. (S)(R)
10.30 Access (S)(R) 10.40 Now That's
Funny! (S)(R) 12.40 FILM RV:
Runaway Vacation (2006) (PG) Family
comedy, starring Robin Williams. (S)
2.30 FILM Dennis the Menace
Strikes Again (1998) (U) Family
comedy sequel, starring Justin Cooper.
(S) 4.00 World's Strongest Man 2015
(S)(R) 6.00 World's Strongest Man
Final 2015 Action from the Grand
Final of the competition. Last in the
series. (S)(R) 6.55 5 News Weekend
(S)

7.00 Cricket on 5 England v Pakistan.

Mark Nicholas presents action
from day three of the Second
Test in the four-match series,
which took place at Old
Trafford. (S)

8.00 Puppies Make You Laugh Out Loud 2 Compilation of internet videos featuring dogs. (S)

8.55 5 News Weekend (S)

9.00 Big Brother Daily round-up of highlights as the remaining housemates start their final week under the all-seeing eye of Big Brother. (S)

10.00 Lip Sync Battle US: Star Trek Special LL Cool J and Chrissy Teigen invite Star Trek Beyond stars Zoe Saldana and Zachary Quinto to take part in a mimeoff. (S)(R)

11.00 20 Moments That Shocked Pop Countdown of significant performers, songs or occasions that impacted the genre. (S)(R)

12.30 Lip Sync Battle (S)(R) 12.55 SuperCasino 3.10 GPs: Behind Closed Doors (S)(R) 4.00 Now That's Funny! (S)(R) 4.50 Wildlife SOS (S)(R) 5.15 Wildlife SOS (S)(R) 5.40 Angels of Jarm (S)(R) 5.50 Roary the Racing Car (S)(R)

ITV2 SKY: 118 FV: 6

6.00 The Cube 6.50 Emmerdale 10.00 Coronation Street 12.50 Take Me Out 1.50 Catchphrase 2.30 FILM: Bill & Ted's Excellent Adventure (1989) (PG) 3.30 FYI Daily 3.35 FILM: Bill & Ted's Excellent Adventure (1989) (PG) 4.20 FILM: King Kong (2005) (12) 5.20 FYI Daily 5.25 FILM: King Kong (2005) (12) Concluded. 7.55 FILM: The Wedding Planner (2001) (PG) Romantic comedy, with Jennifer Lopez and Matthew McConaughey. 8.55 FYI Daily 9.00 FILM: The Wedding Planner (2001) (PG) Concluded. 10.00 Family Guy 11.30 Bordertown 12.00 American Dad! 1.00 The Cleveland Show 2.00 Planet's Funniest Animals 2.20 Teleshopping 5.50 ITV2 Nightscreen

ITV3 SKY: 119 FV: 10
6.00 Movies Now 6.10 On the Buses 6.35 Wycliffe
7.30 Heartbeat 9.35 Inspector Morse 11.55 A Touch of
Frost 2.10 FILM: Agatha (1979) (PG) 3.15 FYI Daily
3.20 FILM: Agatha (1979) (PG) 4.10 FILM: Blue Murder
at St Trinian's (1957) (PG) 5.10 FYI Daily 5.15 FILM:

Blue Murder at St Trinian's (1957) (PG) 6.00 Sunday Night at the Palladium 7.00 Doc Martin 8.00 The Booze Cruise 10.10 FILM: Steptoe and Son (1972) (PG) Comedy, starring Harry H Corbett and Wilfrid Brambell. 11.10 FYI Daily 11.15 FILM: Steptoe and Son (1972) (PG) Concluded. 12.15 Wire in the Blood 3.00 May the Best House Win 4.45 On the Buses 5.40 ITV3 Nightscreen

BBC4 SKY: 116 FV: 9

7.00 BBC Proms 2016: A Child of Our Time 8.15
Playing Beethoven's Fifth 9.00 Classic Albums: The
Beach Boys – Pet Sounds 10.00 Arena: 1966 – 50
Years Ago Today 11.00 Definitely Dusty 12.00 The
Secret Life of Waves 1.00 Yellowstone 2.00 Classic
Albums: The Beach Boys – Pet Sounds 3.00 Arena:
1966 – 50 Years Ago Today 4.00 Close

E4 SKY: 136 FV: 28

6.00 Rude(ish) Tube 8.00 The Mindy Project 9.00 Melissa & Joey 10.00 Hollyoaks 12.30 The Goldbergs 2.30 FILM: Gulliver's Travels (2010) (PG) 4.10 Rude(ish) Tube 4.35 The Big Bang Theory 8.00 Tattoo Fixers 12.05 Rich Kids of Instagram 1.10 Containment 2.10 Gogglebox 3.05 Rude(ish) Tube 3.30 Hollyoaks

MORE4 SKY: 138 FV: 14

8.55 Kirstie's Vintage Gems 9.20 Jamie's 15 Minute Meals 9.50 Time Team 10.50 Building the Dream 11.55 Come Dine with Me 2.40 Four in a Bed 5.15 Come Dine with Me 8.00 Grand Designs 9.00 FILM: The Women (2008) (12) Comedy drama remake, starring Meg Ryan and Annette Bening. 11.20 24 Hours in A&E 12.25 8 Out of 10 Cats Does Countdown 1.30 Grand Designs 2.35 24 Hours in A&E 3.40 Close FILM4 SKY: 315 FV: 15

11.00 Sunshine on Leith (2013) (PG) 1.00 Honey, I Shrunk the Kids (1989) (U) 2.50 Dunston Checks In (1996) (PG) 4.35 Night at the Museum: Battle of the Smithsonian (2009) (PG) 6.45 Ender's Game (2013) (12) Sci-fi adventure, starring Asa Butterfield. 9.00 Die Hard (1988) (18) Action thriller, starring Bruce Willis. 11.40 The Others (2001) (12) Period supernatural thriller, starring Nicole Kidman. 1.45 Cedar Rapids (2011) (15) 3.35 Close

DAVE SKY: 111 FV: 12

7.10 Bush Pilots 8.00 Top Gear 11.00 Red Bull Soapbox Race 12.00 Motorway Cops 1.00 Caribbean Premier League T20 Cricket 5.00 Top Gear 9.00 Have I Got a Bit More News for You 10.00 Suits 11.00 Parks and Recreation 12.00 Have I Got a Bit More News for You 1.00 Room 101 2.15 QI 2.50 Suits 3.35 Lizard Lick Towing 4.00 Close

SKY1 SKY: 106

6.00 Hour of Power 7.00 Monkey Life 9.00 Futurama 11.00 WWE: Raw 12.00 Star Trek Beyond: Special 12.30 Ninja Warrior Women Tournament 1.00 Don't Tell the Bride 2.00 Four Weddings 3.00 Battle of the Brides 4.00 Modern Family 6.00 The Simpsons 8.00 The Last Ship 9.00 Zoo 10.00 Ross Kemp: Extreme World 11.00 The Force: Manchester 12.00 Brit Cops: Law & Disorder 1.00 Road Wars 2.00 Stop, Search, Seize 3.00 Nothing to Declare 4.00 Border Security:

Canada's Front Line 5.00 Gordonstoun: A Different

SKY ATLANTIC SKY: 108

6.00 The Petrol Age 7.00 Networks of Power with Sir Christopher Meyer 8.00 The West Wing 1.00 David Attenborough's Kingdom of Plants 2.00 Without a Trace 6.00 Cold Case 9.00 Ray Donovan 10.10 FILM: The Normal Heart (2014) (15) Fact-based drama, with Mark Ruffalo and Julia Roberts. 12.50 Curb Your Enthusiasm 2.00 Cold Case 3.00 Six Feet Under 4.10 The Petrol Age 5.00 Networks of Power with Sir Christopher Meyer

W SKY: 109

6.10 Passport Patrol 9.00 My Dream Home 12.00
EastEnders 2.30 Doctor Who 4.30 FILM: Maid in
Manhattan (2002) (PG) 6.40 Outnumbered 8.00
Beauty and the Beast 9.00 Luther 10.20 Traffic Cops
11.40 Who Do You Think You Are? 12.35 The Route
Masters: Running London's Roads 1.30 Haunted
Collector 3.00 Home Shopping

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Monday July 25th

BBC₁

EastEnders,



6.00 Breakfast (S) 9.15 Countryside 999 (S)(R) 10.00 Homes Under the Hammer (S)(R) 11.00 Fake Britain (S) (R) 11.45 Neighbourhood Blues (S) 12.15 Bargain Hunt (S) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country A couple looking to buy their first home together in rural Staffordshire. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! From Blackpool Tower Circus. (S)(R) 5.10 Pointless Celebrities (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News Programmes (S)

7.00 The One Show Hosted by Alex Jones and Matt Baker. (S) Rip Off Britain An elaborate con that saw a woman tricked into believing she was working for the police; (S) BBC News; Regional News (S)

pressure off Phil by looking after the Arches. (S) 8.30 Britain's Missing Young People - Panorama Darragh MacIntyre meets families searching for their loved ones. (S)

8.00 EastEnders Louise tries to take

9.00 Forces of Nature with Brian Cox The physicist examines the effects of light interacting with the Earth, revealing how the different rays from the sun transform the plains of the Serengeti. Last in the series. (S)

10.30 BBC Regional News and Weather (S) 10.45 Have I Got Old News for You Michael Sheen hosts, with Jon

10.00 BBC News at Ten (S)

Richardson and Ruth Davidson. (S)(R) 11.15 Have I Got a Bit More Old

News for You Charlotte Church hosts, with guests Miles Jupp and Richard Osman. (S)(R) 11.15 Granada/YTV The Super League Show (S)

AFTER 12.00 Weather for the Week Ahead (S) 12.05 BBC News (S)

BBC2



6.00 Right on the Money (S)(R) 6.45 Garden Rescue (S) 7.30 The Hairy Builder (S)(R) 8.00 Sign Zone: Close Calls: On Camera (S)(R) 8.30 Sign Zone: Gardeners' World (S)(R) 9.00 Victoria Derbyshire (S) 11.00 BBC Newsroom Live (S) 12.00 Nature's Miracle Babies (S)(R) 1.00 Pressure Pad (S)(R) 1.45 Sailing (S) 2.45 Coast (S)(R) 2.50 An Island Parish: Falklands (S)(R) 3.20 David Attenborough's Natural Curiosities (S)(R) 4.10 Michael Palin's New Europe (S)(R) 5.10 Antiques Roadshow (S)(R) 6.00 Eggheads (S) 6.30 The Hairy Builder (S)

Great American Railroad 7.00 Journeys Michael Portillo examines the history of the US rail network, beginning on Manhattan Island and travelling from Grand Central Terminal to the site of Ground Zero. (S)

8.00 University Challenge Liverpool takes on Warwick. (S) 8.30 Only Connect Three PG Wodehouse fans take on a trio of wordsmiths. (S)

The Somme 1916 - From Both Sides of the Wire Peter Barton examines the battle from the middle of July to mid-September.

10.00 Rhod Gilbert's Work Experience Rhod attempts to coach a rugby union team. (S) 10.30 Newsnight (S)

11.10 Weather (S) 11.15 The Women's Football Show Including a look at the weekend's action in the FA WSL.

11.45 Robot Wars (S)(R)

12.45 Sign Zone: Celebrity MasterChef (S)(R) 1.45 Mr vs Mrs: Call the Mediator (S)(R) 2.45 This Is BBC

ITV



6.00 Good Morning Britain (S) 8.30 Lorraine (S) 9.25 The Jeremy Kyle Show (S)(R) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Real-life cases in a studio courtroom. (S)(R) 3.00 Dickinson's Real Deal From Edinburgh, (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

Emmerdale Andy seeks solace from Chrissie's fury with Bernice.

7.30 Coronation Street Leanne suffers stomach pains. (S)

8.00 Wild France with Ray Mears Ray travels to the Camargue. (S) Coronation Street Michelle quizzes Leanne over her

pregnancy. (S)

Brief Encounters Dawn thinks seriously about her future when Russell tells her he cannot cope with the fuss she is making over their wedding, while Nita gives Kieran an alibi for the hit-andrun. (S)

10.00 ITV News; Weather (S) 10.35 ITV Regional News; Weather (S) 10.45 Benidorm Liam decides he has fallen in love with Bianca. (S)(R)

11.45 In Plain Sight Mary protects an army veteran. (S)(R)

12.30 Jackpot247 3.00 The Jeremy Kyle Show (S)(R) 3.55 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R)

Channel 4

Hollyoaks, 6.30pm

6.10 Dare to Believe: Lauren Steadman (S)(R) 6.15 3rd Rock from the Sun (S)(R) 7.30 Everybody Loves Raymond (S)(R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 9.55 Dare to Believe: Ali Jawad (S)(R) 10.00 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 2.05 Dare to Believe: Georgie Hermitage (S)(R) 2.10 Fifteen to One (S) 3.10 Countdown (S) 4.00 The Question Jury (S) 5.00 Couples Come Dine with Me (S)(R) 6.00 The Simpsons (S)(R) 6.30 Hollyoaks (S)

7.00 Channel 4 News (S)

8.00 How School Bosses Spend Your Millions: Channel 4 Dispatches Antony Barnett investigates the finances of the academy school system. (S)
8.30 Superfoods: The Real Story (S)

9.00 Eden Anton is confronted by some of the group for spending too much of his time building his cabin, while there are further differences over how much work

people are prepared to do. (S)

10.00 Naked Attraction New series. Dating show hosted by Anna Richardson in which two singletons choose a date from a selection of six naked people. who will be revealed to them one body part at a time. (S)

11.05 Ramsay's Hotel Hell Part two of two. Gordon Ramsay continues to help a West Virginia hoarder and hotelier. (S)

12.00 Bodyshockers: Nips, Tucks and Tattoos (S)(R) 12.55 Dare to Believe: Jack Rutter (S)(R) 1.00 The Secret Life of Brothers and Sisters (S)(R) 1.55 Our Guy in Latvia (S)(R) 2.50 Grand Designs Australia (S)

Channel 5

Cricket on 5,



6.00 Milkshake! 9.15 The Wright Stuff Debate on issues of the day. 11.15 To B&B the Best (S) 12.10 5 News Lunchtime (S) 12.15 Big Brother (R) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS An NCIS armoury employee is found murdered. (S)(R) 3.15 FILM Perfect Seduction (2015) (PG) Premiere. Thriller, starring Adrienne Frantz. (S) 5.00 5 News at 5 (S) 5.30 Neighbours Paul tries to stop Amy's secret past from being publicised. (S)(R) 6.00 Home and Away Nate invites Brax to Summer Bay. (S)(R) 6.30 5 News Tonight (S)

7.00 Cricket on 5 England v Pakistan. Mark Nicholas presents action from day four of the Second Test in the four-match series, which took place at Old Trafford; (S) 5 News Update (S)

8.00 Police Interceptors Unleashed Vinnie Jones introduces clips of high-speed police chases, featuring an off-road runaround and a drink-driver who crashes his car into a house; (S)(R) 5 News Update (S)

9.00 Can't Pay? We'll Take It Away: Busted Steve and Ben visit a tenant who owes £14,000 in unpaid rent, while Brian and Del chase a debt of over £10,000 owed to a van rental business for damaged vehicles. (S)

10.00 Big Brother With the final just around the corner, the remaining reality residents start to celebrate their time together and look back on their shared experience. (S)

11.05 Big Brother's Bit on the Side With just one day until the final, Rylan Clark-Neal debates who is worthy of being crowned the winner, with the help of his guests and studio audience. (S)

12.05 Autopsy: Bobbi Kristina Brown (S)(R) 1.00 SuperCasino 3.10 Person of Interest (S)(R) 4.00 Violent Assault: Caught on Camera (S)(R) 4.45 Divine Designs (S)(R) 5.10 House Doctor (S) (R) 5.35 House Doctor (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals 6.20 Dinner Date 7.10 The Ellen DeGeneres Show 8.00 Emmerdale 8.30 Coronation Street 9.30 Psych 10.20 Royal Pains 11.15 Dinner Date 12.15 Emmerdale 12.45 Coronation Street 1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 5.50 Take Me Out 7.00 Funniest Ever You've Been Framed! 8.00 Two and a Half Men 9.00 Family Guy 9.30 Bordertown 10.00 Family Guy 10.30 American Dad! 11.30 The Cleveland Show 12.30 Two and a Half Men 1.20 The Vampire Diaries 2.10 The Hot Desk: Ella Henderson 2.20 Teleshopping ITV3 SKY: 119 FV: 10

6.00 Doctor in the House 6.25 Heartbeat 7.30 Where the Heart Is 8.25 The Royal 9.25 Judge Judy 10.50 Murder, She Wrote 11.55 Love Your Garden 12.55 Heartbeat 2.00 The Royal 3.00 Where the Heart Is 4.10 Doctor in the House 4.40 On the Buses 5.15 Man About the House 5.50 Heartbeat 6.55 Murder, She Wrote 7.55 Wycliffe 9.00 Secrets from the Asylum

10.00 Law & Order: UK 11.00 Liverpool 1 12.15 Blue Murder 1.10 Marchlands 2.00 ITV3 Nightscreen BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 The Wonder of Animals 8.00 Timeshift: The Nation's Railway: The Golden Age of British Rail 9.00 Norman Wisdom: His Story 10.00 The Real White Queen and Her Rivals 11.00 The Joy of Data 12.00 A History of Art in Three Colours 1.00 Who Were the Greeks? 2.00 Norman Wisdom: His Story 3.00 Rude Britannia 4.00 Close E4 SKY: 136 FV: 28

7.10 How I Met Your Mother 8.05 Rules of Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 Melissa & Joey 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Coach Trip: Road to Ibiza 8.00 The Big Bang Theory 9.00 Rich Kids of Instagram 10.00 Gogglebox 11.05 The Big Bang Theory 12.00 Gogglebox 1.10 First Dates 2.10 Rude Tube 3.05 Rich

Kids of Instagram 4.00 New Girl 4.20 Rules of Engagement 5.00 Charmed

MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.35 A Place in the Sun: Summer Sun 10.35 Kirstie's Handmade Treasures 10.45 FILM: Robin and Marian (1976) (PG) 12.55 Time Team 3.05 A Place in the Sun: Summer Sun 5.15 Four in a Bed 7.55 Grand Designs 9.00 The Secret Life of 4 Year Olds 10.05 16 Kids and Counting 11.10 24 Hours in A&E 12.15 Ramsay's Kitchen Nightmares USA 1.10 16 Kids and Counting 2.15 24 Hours in A&E 3.20 Kirstie's Vintage Gems 3.35 Close

FILM4 SKY: 315 FV: 15 11.00 Millions (2004) (12) 12.55 August Rush (2007) (PG) 3.10 Mysterious Island (1961) (PG) 5.15 The Perfect Catch (2005) (PG) 7.20 Vehicle 19 (2013) (12) 9.00 Die Hard 2 (1990) (18) 11.20 Lawless (2012)

(18) 1.35 Crash (2004) (15) 3.55 Close DAVE SKY: 111 FV: 12

7.00 Flip Men 7.20 Scrapheap Challenge 8.10 Top

Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters 12.00 Top Gear 1.00 Caribbean Premier League T20 Cricket 5.00 Top Gear 7.00 American Pickers 8.00 Room 101 9.20 QI 10.00 QI XL 11.00 Room 101 12.20 QI 1.00 QI XL 1.55 Alan Davies: As Yet Untitled 2.55 Lizard Lick Towing

SKY1 SKY: 106

6.00 Monkey Life 8.00 Ninja Warrior Women Tournament 9.00 Futurama 10.00 Ninja Warrior Women Tournament 11.00 NCIS: Los Ángeles 12.00 Hawaii Five-0 1.00 Supergirl 2.00 The Flash 4.00 Modern Family 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 David Attenborough's Galapagos 9.00 A League of Their Own 10.00 FILM: Underworld: Evolution (2006) (18) 12.00 NCIS: Los Angeles 1.00 Hawaii Five-0 2.00 Forever 3.00 Arrow SKY ATLANTIC SKY: 108

6.00 The British 7.00 The Guest Wing 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel

Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 Ray Donovan 10.10 Last Week Tonight with John Oliver 10.45 Requiem For The Dead: An American Spring 2014 12.05 Ray Donovan 1.15 Curb Your Enthusiasm 1.50 Cold Case 2.50 Six Feet Under 4.00 The British 5.00 The Guest Wing W SKY: 109

6.00 Dynamo: Top Ten Greatest Moments 6.15 Motorway Cops 7.00 MasterChef Australia 8.00 Extreme Makeover: Home Edition 9.00 My Dream Home 10.00 The Bill 11.00 Tipping Point 1.00 Judge Faith 2.00 Motorway Cops 3.00 Extreme Makeover: Home Edition 4.00 My Dream Home 5.00 Tipping Point 7.00 Extreme Makeover: Home Edition 8.00 MasterChef Junior USA 9.00 John Bishop's Australia 10.00 EastEnders 10.40 Gavin & Stacey 12.00 Motorway Cops 1.00 EastEnders 1.30 Judge Faith 2.15 Bondi Rescue 2.40 Dynamo: Top Ten Greatest Moments 3.00 Home Shopping

Be a WINNER with our weekly competitions page

Great prizes and easy to enter THIS WEEK: WIN TICKETS TO SEE SCOOBY-DOO

BBC₁

Holby City,



6.00 Breakfast (S) 9.15 Countryside 999 (S)(R) 10.00 Homes Under the Hammer (S) 11.00 Fake Britain (S)(R) 11.45 Neighbourhood Blues (S) 12.15 Bargain Hunt (S)(R) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country Finding a home in Somerset with a budget of £375,000. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! From Haddon Hall, in Derbyshire. (S) 5.10 Pointless Celebrities Quiz show. (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News and Weather (S)

7.00 The One Show Live chat and topical reports. (S) EastEnders Phil learns the truth about recent events; (S) BBC News; Regional News (S)

8.00 Holby City Ollie begins to question whether his future really lies at Holby. Morven returns to work for the first time since Arthur's death, and Isaac invites Dom to a formal ball. (S)

9.00 The Living and the Dead Murderous apparitions stalk the village as All Hallows Eve arrives, and an increasingly unhinged Nathan believes only the bitterly sceptical Reverend Denning can save Shepzoy. (S)

10.30 BBC Regional News and Weather; (S) National Lottery Update (S) 10.45 Imagine – Georgia O'Keeffe: By

10.00 BBC News at Ten (S)

Myself (S)

11.50 Forces of Nature with Brian Cox The physicist examines the effects of light interacting with the Earth. Last in the series. (S)

AFTER 12.50 Weather for the Week Ahead

(S) 12.55 BBC News (S)

BBC₂

New Zealand: Earth's Mythical slands.

6.00 Fake Britain (S)(R) 6.45 Garden Rescue (S)(R) 7.30 The Hairy Builder (S)(R) 8.00 Sign Zone: An Island Parish: Shetland (S)(R) 9.00 Victoria Derbyshire (S) 11.00 BBC Newsroom Live (S) 12.00 The Super League Show (S) 12.45 FILM Merrill's Marauders (1962) (PG) (S) 2.20 Africa The challenges faced by the continent's wildlife. Last in the series. (S)(R) 3.20 David Attenborough's Natural Curiosities (S)(R) 4.10 Michael Palin's New Europe (S)(R) 5.10 Antiques Roadshow (S)(R) 6.00 Eggheads Quiz show, hosted by Jeremy Vine. (S) 6.30 The Hairy Builder (S)

7.00 Great American Railroad Journeys Michael Portillo heads east from Manhattan to Brooklyn, and takes the Long Island Railroad to Queens. (S)

8.00 Inside the Factory: How Our Favourite Foods Are Made New series. Gregg Wallace and Cherry Healey return with the series shedding light on the production of Britain's favourite foods. (S)

New Zealand: Earth's Mythical 9.00 Islands Sam Neill explains how animals including hyperintelligent parrots and snails with teeth endure in New Zealand's wildest locales. (S)

10.00 Mock the Week Guests include James Acaster and Dane Baptiste. (S)(R) 10.30 Newsnight (S)

11.10 Weather (S) 11.15 Dragons' Den Evan Davis presents the business ideas contest. (S)(R)

12.15 The Refugee Camp: Our Desert Home (S)(R) 1.15 Sign Zone: Celebrity MasterChef (S)(R) 2.45 Exodus: Our Journey to Europe (S)(R) 3.40 This Is BBC Two (S)



6.00 Good Morning Britain (S) 8.30 Lorraine (S) 9.25 The Jeremy Kyle Show (S)(R) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Real-life cases in a studio courtroom. (S) 3.00 Dickinson's Real Deal The dealers visit Chingford in East London. (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

7.00 Emmerdale Lachlan leaves the house abruptly on his birthday, but returns carrying a loaded shotgun, determined to make Lawrence apologise to Chrissie a plan that goes tragically wrong. (S)

8.00 Love Your Garden Alan Titchmarsh and his team transform an uneven patch of lawn in Eastleigh into a cruise ship-inspired pleasure garden for inspiring paediatric nurse Rosie Mitchell. (S)

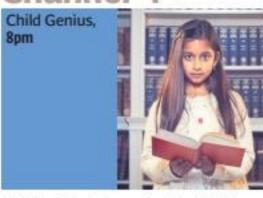
Holiday Horrors: Caught on Camera New series. Jamie Theakston narrates cringeworthy clips of relaxing getaways that turned sour. (S)

10.00 ITV News; Weather (S) 10.30 ITV Regional News; Weather (S) 10.40 Davina McCall: Life at the Extreme Davina travels to the Costa Rican jungle. Last in the series. (S)(R)

11.40 In Plain Sight A pregnant woman is in danger from a gangster. (S)(R)

12.30 Jackpot247 3.00 Loose Women (S)(R) 3.50 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R)

Channel 4



6.15 3rd Rock from the Sun (S)(R) 7.30 Everybody Loves Raymond (S) (R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 11.25 Dare to Believe: Natasha Baker (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 1.35 Glorious Goodwood: Channel 4 Racing (S) 4.00 The Question Jury Quiz show. (S) 5.00 Couples Come Dine with Me Three couples from Guernsey and Alderney compete. (S)(R) 6.00 The Simpsons Moe's bar is threatened with closure. (S)(R) 6.30 Hollyoaks (S)

7.00 Channel 4 News (S)

8.00 Child Genius Richard Osman hosts as the 10 remaining contestants enter the semifinals, which include a "Language & Comprehension" round and a gruelling spelling test. (S)

9.00 The Job Interview Cameras follow interviewees as they apply for jobs with On Air Dining, which caters for the private jets of millionaires. (S)

10.00 Celebrity First Dates The Vamps singer Brad Simpson, 1970s entertainer Bernie Clifton, rugby player Keegan Hirst and Atomic Kitten's Natasha Hamilton go in search of romance. (S)(R)

11.05 999: What's Your Emergency? Crewe officers help a man who claims someone else has moved into his flat while he was on holiday. (S)(R)

12.10 Music on 4: Live from Abbev Road Classics (S) 12.40 Lovebox Festival 2016 (S) 1.35 Dare to Believe: Jordanne Whiley (S)(R) 1.40 KOTV Boxing Weekly (S) 2.05 The Grid (S)(R) 2.35 Gillette World Sport (S)(R)

Channel 5

The Dog Rescuers with Alan Davies,



6.00 Milkshake! 9.15 The Wright Stuff 11.15 To B&B the Best (S) 12.10 5 News Lunchtime (S) 12.15 Big Brother (R) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS The team aids in a global investigation into an international terror group. (S)(R) 3.15 FILM A Bone to Pick: An Aurora Teagarden Mystery (2015) (PG) Mystery, with Candace Cameron Bure. (S) 5.00 5 News at 5 (S) 5.30 Neighbours Paige tells Piper she got together with Tyler at her party. (S)(R) 6.00 Home and Away Josh resolves to hand himself in for Charlotte's murder. (S)(R) 6.30 5 News Tonight (S)

7.00 Cricket on 5 England v Pakistan. Mark Nicholas presents action from day five of the Second Test in the four-match series, which took place at Old Trafford; 5 News Update (S)

8.00 The Dog Rescuers with Alan Davies Annie Simmonds investigates when an underweight and heavily pregnant dog is brought in to the hospital; (S) 5 News Update

9.00 Big Brother: Live Final Weeks of confinement come to their natural conclusion, as Emma Willis reveals which of the housemates will emerge from the compound as this year's winner. Last in the series. (S)

10.50 Big Brother's Bit on the Side Rylan Clark-Neal talks to the winner and runners-up about their time in the BB house and Emma Willis drops in to give her thoughts on the final. Last in the series. (S)

11.50 Botched Up Bodies Buttock injections that led to amputation. (S)(R)

12.45 Lip Sync Battle (S) 1.10 SuperCasino 3.10 Person of Interest (S)(R) 4.00 Fire Starter: Caught in the Act (S)(R) 4.45 Great Scientists (S)(R) 5.10 House Doctor (S)(R) 5.35 House Doctor (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals 6.20 Dinner Date 7.10 The Ellen DeGeneres Show 8.00 Emmerdale 8.30 Coronation Street 9.30 Psych 10.20 Royal Pains 11.15 Dinner Date 12.15 Emmerdale 12.45 Coronation Street 1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 5.50 Take Me Out 7.00 You've Been Framed! 8.00 Two and a Half Men 9.00 Mom 10.00 Celebrity Juice 10.45 Family Guy 11.45 American Dad! 12.45 Two and a Half Men 1.40 Mom 2.30 Teleshopping

ITV3 SKY: 119 FV: 10

7.30 Where the Heart Is 8.25 The Royal 9.30 Judge Judy 10.55 Murder, She Wrote 11.55 Love Your Garden 1.00 Heartbeat 2.00 The Royal 3.05 Where the Heart Is 4.15 Doctor in the House 4.50 On the Buses 5.20 Man About the House 5.55 Heartbeat 7.00 Murder, She Wrote 8.00 Midsomer Murders 10.00 Law & Order: UK 11.00 Wire in the Blood 12.40 Inspector Morse 2.25 ITV3 Nightscreen 2.30 Teleshopping

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 The Wonder of Animals 8.00 Sacred Wonders of Britain 9.00 Tutankhamun: The Truth Uncovered 10.00 Inside Claridge's 11.00 Fossil Wonderlands: Nature's Hidden Treasures 12.00 Sacred Wonders of Britain 1.00 A History of Art in Three Colours 2.00 Inside Claridge's 3.00 Tutankhamun: The Truth Uncovered 4.00 Close E4 SKY: 136 FV: 28

6.00 Hollyoaks 6.25 Coach Trip: Road to Ibiza 6.50 Melissa & Joey 7.10 How I Met Your Mother 8.05 Rules of Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 Melissa & Joey 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Coach Trip: Road to Ibiza 8.00 2 Broke Girls 9.00 Tattoo Fixers on Holiday 10.00 Wasted 11.00 The Big Bang Theory 12.00 Gogglebox 1.00 Rude Tube 2.05 Tattoo Fixers on Holiday 3.00 Wasted 3.45 Angie Tribeca 4.05 Rules of Engagement

MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.35 A Place in the Sun: Summer Sun 10.35 Food Unwrapped 11.10 FILM: Tomahawk (1951) (PG) 12.50 Dare to Believe: Jordanne Whiley 12.55 Time Team 3.05 A Place in the Sun: Summer Sun 5.15 Four in a Bed 7.55 Grand Designs 9.00 Building the Dream 10.05 Obsessive Compulsive Cleaners 11.10 8 Out of 10 Cats Does Countdown 12.15 Ramsay's Kitchen Nightmares USA 1.15 Building the Dream 2.15 Obsessive Compulsive Cleaners 3.20 Hugh's 3 Good Things: Best Bites FILM4 SKY: 315 FV: 15

11.00 The Rugrats Movie (1999) (U) 12.40 Dragonball Evolution (2009) (PG) 2.20 Summer Holiday (1963) (U) 4.40 Rat Race (2001) (12) 6.55 Tower Heist (2011) (12) 9.00 Out of the Furnace (2013) (15) 11.15 Law Abiding Citizen (2009) (18) 1.25 Gloria (2013) (15)

DAVE SKY: 111 FV: 12

7.00 Flip Men 7.20 Scrapheap Challenge 8.10 Top

Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters 12.00 Top Gear 1.00 Lizard Lick Towing 2.00 American Pickers 4.00 Sin City Motors 5.00 Top Gear 7.00 American Pickers 8.00 Room 101 9.20 QI 10.00 Taskmaster 11.00 Room 101 12.20 QI 1.00 QI XL 1.55 Taskmaster 2.55 Lizard Lick Towing 4.00 Close

SKY1 SKY: 106

6.00 Supergirl 7.00 The Flash 9.00 Futurama 10.00 Ninja Warrior Women Tournament 11.00 NCIS: Los Angeles 12.00 Hawaii Five-0 1.00 Supergirl 2.00 The Flash 4.00 Modern Family 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 Stop, Search, Seize 9.00 Agatha Raisin 10.00 Don't Tell the Bride 11.00 A League of Their Own 12.00 NCIS: Los Angeles 1.00 Hawaii Five-0 2.00 Forever 3.00 Arrow 4.00 UK Border Force 5.00 Ninja Warrior Women Tournament

SKY ATLANTIC SKY: 108 6.00 Fish Town 7.00 The Guest Wing 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 Ballers 9.35 Vice Principals 10.10 FILM: The Wolfpack (2015) (15) 11.55 Ballers 12.30 Vice Principals 1.05 Curb Your Enthusiasm 1.45 Cold Case 2.45 Six Feet Under 4.00 Fish Town 5.00 The Guest Wing W SKY: 109

6.05 Dynamo: Top Ten Greatest Moments 6.15 Motorway Cops 7.00 MasterChef Australia 8.00 Extreme Makeover: Home Edition 9.00 My Dream Home 10.00 The Bill 11.00 Tipping Point 1.00 Judge Faith 2.00 Motorway Cops 3.00 Extreme Makeover: Home Edition 4.00 My Dream Home 5.00 Tipping Point 7.00 Extreme Makeover: Home Edition 8.00 MasterChef Junior USA 9.00 One Born Every Minute 10.00 EastEnders 10.40 Gavin & Stacey 12.00 Motorway Cops 1.00 EastEnders 1.35 Judge Faith 2.25 Bondi Rescue 2.50 Dynamo: Top Ten Greatest. Moments 3.00 Home Shopping

Be a WINNER with our weekly competitions page

Great prizes and easy to enter THIS WEEK: WIN TICKETS TO SEE IMPOSSIBLE!



Wednesday July 27th

BBC1

Eat Well for Less? 8pm



6.00 Breakfast (S) 9.15 Countryside 999 (S)(R) 10.00 Homes Under the Hammer (S)(R) 11.00 Fake Britain (S) (R) 11.45 Neighbourhood Blues (S)(R) 12.15 Bargain Hunt (S)(R) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country Jonnie Irwin helps two canal boat enthusiasts find a home on dry land. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! From Guildford Cathedral. (S) 5.10 Pointless Celebrities (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News Programmes (S)

7.00 The One Show Matt Baker and Alex Jones present the live magazine show featuring topical reports from around the UK and big-name studio guests; (S) BBC News; Regional News (S)

8.00 Eat Well for Less? Gregg and Chris visit a household in Leicestershire, where mother Lindsey's baking obsession and her love of brands mean the family's spending on food has spiralled out of control. (S)

9.00 Saving Lives at Sea In Cornwall, the station's newest recruit, 18-year-old Shaunna, is following in the family tradition and hopes to become Newquay's first helmswoman. (S)

10.00 BBC News at Ten (S) 10.30 BBC Regional News and Weather; (S) National Lottery Update (S)

10.45 A Question of Sport Lighthearted quiz, hosted by Sue Barker. (S)

11.15 Room 101 – Extra Storage With James Acaster, Kirsty Wark and Heston Blumenthal. (S) 1.55 Weather for the Week Ahead (S)

AFTER 12.00 BBC News (S)

BBC₂



6.00 Fake Britain (S)(R) 6.45 Garden Rescue (S)(R) 7.30 The Hairy Builder (S)(R) 8.00 Sign Zone: An Island Parish (S)(R) 9.00 Victoria Derbyshire (S) 11.00 BBC Newsroom Live (S) 12.00 Lifeline (S)(R) 12.10 FILM Pride and Prejudice (1940) (U) (S) 2.05 Coast (S)(R) 2.25 Super Cute Animals Why people find certain animals so endearing. (S)(R) 3.25 David Attenborough's Natural Curiosities (S)(R) 4.10 Michael Palin's New Europe Travels in Estonia, Latvia and Lithuania. (S)(R) 5.10 Antiques Roadshow (S)(R) 6.00 Eggheads (S) 6.30 The Hairy Builder (S)

Great American Railroad Journeys Michael Portillo follows America's iconic River Hudson, beginning at New York City's Penn Station, before sampling ale and meeting the State Senator in Albany. (S)

8.00 Mastermind Specialist and general knowledge quiz. (S) Gardeners' World Monty Don tackles his espaliered pear trees.

9.00 Versailles While Louis proposes an audacious alliance with England, along with an unexpected envoy to negotiate it, Beatrice fears her secrets being revealed; (S) Inside Versaille. (S)

10.00 Boy Meets Girl Pam tries to convince Leo and Judy to hold the wedding reception at a smart hotel. (S)

10.30 Newsnight; (S) Weather (S)

11.15 People Just Do Nothing Grindah and Beats find themselves in the midst of a cannabis shortage. (S)

11.45 Inside the Factory: How Our Favourite Foods Are Made (S)

12.45 Sign Zone: Exodus: Our Journey to Europe (S)(R) 1.45 Saving Lives at Sea (S)(R) 2.45 This Is BBC Two (S)

ITV

Coronation Street, 7.30pm



6.00 Good Morning Britain (S) 8.30 Lorraine Entertainment and fashion news. (S) 9.25 The Jeremy Kyle Show (S)(R) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Real-life cases in a studio courtroom. (S)(R) 3.00 Dickinson's Real Deal (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

Emmerdale Chrissie tries to protect Lachlan. (S) **Coronation Street Steve**

confides in Dev about Michelle's baby fixation. (S)

8.00 Wild Animal Reunions New series. Cameras follow animal keepers and caregivers as they aim to reunite with the iconic wild creatures they have forged deep bonds with. Narrated by Caroline Quentin. (S)

9.00 Long Lost Family A 50-year-old woman has spent years longing to find her birth mother, while a 74-year-old man in West Sussex is haunted by a missed opportunity. (S)

10.00 ITV News; Weather (S) 10.30 ITV Regional News; Weather (S) 10.45 Holiday Horrors: Caught on Camera Jamie Theakston narrates cringe-worthy clips of relaxing getaways that turned sour. (S)(R)

11.45 In Plain Sight Mary is forced to work on Brandi's wedding day. (S)(R)

12.30 Jackpot247 3.00 Murder, She Wrote (S)(R) 3.50 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R)

Channel 4

Man Down,



6.15 3rd Rock from the Sun (S)(R) 7.30 Everybody Loves Raymond (S) (R) 8.25 Dare to Believe: Hannah Cockroft (S)(R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 1.35 Glorious Goodwood: Channel 4 Racing (S) 4.00 The Question Jury Quiz show. (S) 5.00 Couples Come Dine with Me Three couples from Plymouth compete. (S)(R) 6.00 The Simpsons (S)(R) 6.30 Hollyoaks Sienna realises Peri and Nico are missing. (S)

7.00 Channel 4 News (S)

8.00 The Three Day Nanny New series. Kathryn Mewes helps the Scott family in Northamptonshire, where she

> witnesses extreme behaviour by three-year-old Bobbie and twoyear-old Freddie. (S)

9.00 24 Hours in A&E A 12-year-old girl is airlifted to St George's after falling from a cliff near her home in Hastings, and CT scans reveal she requires emergency brain surgery. (S)

10.00 Man Down Brian meets the woman of his dreams. (S) 10.30 8 Out of 10 Cats Does

Countdown Sean Lock and Rob Beckett compete against Jon Richardson and Cariad Lloyd in the comedy panel show. (S)(R)

11.35 Eden Anton is confronted by some of the group for spending too much of his time building his cabin, while there are further differences over how much work people are prepared to do. (S)(R)

12.35 Dare to Believe: Lauren Steadman (S)(R) 12.40 Naked Attraction (S)(R) 1.35 FILM The Reader (2008) (15) (S) 3.35 Dare to Believe: Ali Jawad (S)(R) 3.40 Phil: Secret Agent Down Under (S)(R)

Channel 5

GPs: Behind Closed Doors.



6.00 Milkshake! 9.15 The Wright Stuff Topical talk show. 11.30 Big Brother: The Final The winning housemate is revealed. (S)(R) 1.10 5 News Lunchtime (S) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS Ducky reopens a 12-year-old case while on medical leave. (S)(R) 3.15 FILM Secret Liaison (2013) (12) Thriller, starring Meredith Monroe. (S) 5.00 5 News at 5 (S) 5.30 Neighbours Terese launches a bid to buy Lassiter's. (S)(R) 6.00 Home and Away Phoebe realises Dom is still in love with his wife. (S)(R) 6.30 5 News Tonight (S)

7.00 Secrets of Great British Castles Dan Jones explores the history of Stirling Castle; (S)(R) 5 News Update (S)

8.00 GPs: Behind Closed Doors Doctor William Laird gives a rugby player advice on his blackened toenail; (S) 5 News Update (S)

9.00 Ultimate Celebrity Power Couples 2016 Celebrating the world's biggest celebrity couples of 2016, with a definitive countdown based on the stars' reported wealth, media impact and political muscle.

11.00 On Benefits: Life on the Dole The documentary meets claimants in Yorkshire, including a 45-year-old trying to make it as a DJ and a couple living in Leeds who dream of a better future for their kids. (S)(R)

12.00 Nightmare Neighbour Next Door: Living in Fear (S)(R) 1.00 SuperCasino 3.10 Secrets of Underground Britain (S)(R) 4.00 Now That's Funny! (S)(R) 4.45 Great Scientists (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals 6.20 Dinner Date 7.10 The Ellen DeGeneres Show 8.00 Emmerdale 9.00 You've Been Framed! Gold 9.30 Psych 10.20 Royal Pains 11.15 Dinner Date 12.15 Emmerdale 1.15 You've Been Framed! 1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 5.50 Take Me Out 7.00 You've Been Framed! 8.00 Two and a Half Men 9.00 Hell's Kitchen 10.00 The Vampire Diaries 10.55 Family Guy 11.55 American Dad! 12.50 Two and a Half Men 1.40 Hell's Kitchen 2.30 Teleshopping

ITV3 SKY: 119 FV: 10 6.35 Heartbeat 7.35 Where the Heart Is 8.35 The Royal 9.40 Judge Judy 11.00 Murder, She Wrote 12.00 Love Your Garden 1.00 Heartbeat 2.05 The Royal 3.05 Where the Heart Is 4.15 Doctor in the House 4.50 On the Buses 5.20 Man About the House 5.55 Heartbeat 7.00 Murder, She Wrote 8.00 Agatha Christie's Marple 10.00 Law & Order: UK 11.00 Wire in the Blood 12.35 Inspector Morse 2.30 Teleshopping

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 The Wonder of Animals 8.00 Yellowstone 9.00 Masters of the Pacific Coast: The Tribes of The American Northwest 10.00 Ocean Giants 11.00 Burma, My Father and the Forgotten Army 12.00 The Real White Queen and Her Rivals 1.00 Timeshift: The Nation's Railway: The Golden Age of British Rail 2.00 The Toilet - An Unspoken History 3.00 Masters of the Pacific Coast: The Tribes of The American Northwest 4.00 Close E4 SKY: 136 FV: 28

6.00 Hollyoaks 6.25 Coach Trip: Road to Ibiza 6.50 Melissa & Joey 7.10 How I Met Your Mother 8.05 Rules of Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 Melissa & Joey 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Coach Trip: Road Trip to Ibiza 8.00 Jane the Virgin 9.00 Containment 10.00 Supernatural 11.00 The Big Bang Theory 12.00 Gogglebox 1.00

First Dates 2.05 Rude Tube 2.30 Containment 3.15 Supernatural 4.00 Rules of Engagement 4.40 Charmed

MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.35 A Place in the Sun: Summer Sun 10.40 Kirstie's Vintage Gems 11.05 FILM: The Desert Fox (1951) (PG) 12.50 Dare to Believe: Hannah Cockroft 12.55 Time Team 3.05 A Place in the Sun: Summer Sun 5.15 Four in a Bed 7.55 Grand Designs 9.00 Selling Houses with Amanda Lamb 10.05 Bodyshockers: Nips, Tucks and Tattoos 11.10 24 Hours in A&E 12.15 Ramsay's Kitchen Nightmares USA 1.15 Selling Houses with Amanda Lamb 2.15 24 Hours in A&E 3.20 River Cottage Bites 3.35 Close FILM4 SKY: 315 FV: 15

11.00 Diary of a Wimpy Kid (2010) (PG) 12.50 Diary of a Wimpy Kid: Rodrick Rules (2011) (U) 2.55 Voyage to the Bottom of the Sea (1961) (U) 4.55 Bridge to Terabithia (2007) (PG) 6.50 Footloose (1984) (15) 9.00 Knight and Day (2010) (12) 11.10 Filth (2013)

(18) 1.05 Sex and the City (2008) (15) 3.55 Close DAVE SKY: 111 FV: 12

7.00 Storage Hunters 7.25 Scrapheap Challenge 8.10 Top Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters 12.00 Top Gear 1.00 Caribbean Premier League T20 Cricket 5.00 Top Gear 7.00 American Pickers 8.00 Room 101 9.20 QI 10.00 QI XL 11.00 Would I Lie to You? 12.20 QI 1.00 QI XL 2.00 Alan Davies: As Yet Untitled 3.00 Lizard Lick Towing 4.00 Close

SKY1 SKY: 106

6.00 Supergirl 7.00 The Flash 9.00 Futurama 10.00 Ninja Warrior Women Tournament 11.00 NCIS: Los Angeles 12.00 Hawaii Five-0 1.00 Supergirl 2.00 The Flash 4.00 Modern Family 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 Don't Tell the Bride 9.00 Karl Pilkington: The Moaning of Life 10.00 Ross Kemp: Extreme World 11.00 A League of Their Own 12.00 NCIS: Los Angeles 1.00 Hawaii Five-0 2.00 Forever 3.00 Arrow 4.00 UK Border Force 5.00 Ninja

Warrior Women Tournament

SKY ATLANTIC SKY: 108 6.00 Fish Town 7.00 The Guest Wing 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a

Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 Game of Thrones 11.35 Dexter 1.45 Curb Your Enthusiasm 2.20 Cold Case 3.15 Six Feet Under 4.15 Fish Town 5.10 The Guest Wing

W SKY: 109

6.00 MasterChef Australia 7.35 Extreme Makeover: Home Edition 9.20 My Dream Home 10.20 The Bill 11.20 Tipping Point 1.20 Judge Faith 2.15 Extreme Makeover: Home Edition 4.05 My Dream Home 5.05 Tipping Point 6.05 Extreme Makeover: Home Edition 8.00 MasterChef Junior USA 9.00 In the Club 10.05 FILM: America's Sweethearts (2001) (12) 12.05 Motorway Cops 1.10 Judge Faith 2.00 Sea City 2.30 Dynamo: Live at the O2 3.00 Home Shopping

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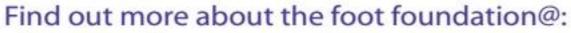
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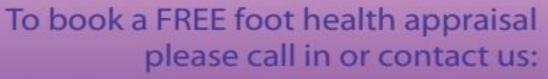






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ENTERTAINMENT & LISTINGS

Truck Fest was one to remember

THIS year's Truck Festival was one to remember.

After the success of last year's event, which saw Clean Bandit, Nothing But Thieves and Don Broco take charge of the main stage over two days, 2016 saw the festival reach new heights.

Revealing that the festival would love doing festivals." be a three-day event in the spring, it sold out 10 days before the event, ously attended the festival as a fan. which saw big names such as Kodaline. Catfish and the Bottlemen and the Manic Street Preachers arrive at but the first of three headliners to take Hill Farm, Steventon.

But as well as the big names, the festival is also the stage for a number Blakeway, Robert Hall and Johnny festival, visit www.truckfestival.com of local bands to make their mark.

This was the case for Swindon alternative band Yves.

Made up of Harry Roke as lead vocalist and guitarist, Finn Wilkinson on drums and backing vocals and Mitchell Dodson on bass, the group was the first act to take to the main stage at this year's festival.

Harry said: "Performing at Truck was a great experience for us and we have four more festivals after this one, so it was a good test run."

And bandmate Finn said: "It was quite abrupt because we only found out two weeks ago that we were playing here but we are glad we played here because the whole festival is very fun.

By James Richings

Mitchell said: 'Seeing the fans jump up and down is what we are all about it's what we want to see.

"We want to see people enjoying themselves and that's why many bands

Mitchell revealed that he had previ-

From Yves being the first act on the Friday, Catfish was the last to perform the main stage, with the four friends of Ryan Evan McCann, Benjamin Bond.

Post-gig, lead singer 'Van' McGann co.uk for a full gallery of pictures.

said: "It was class. We played here two years ago we were third on the bill and got to see the Cribs, who are one of our favourite bands, so it was great. Coming back and doing that slot ourselves is a massive honour."

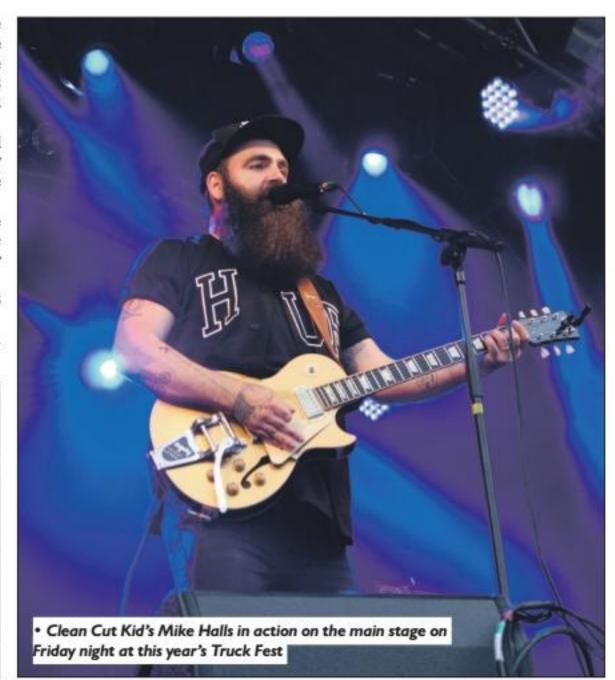
Their set was the perfect way to end the first day for fans Daniel McCloy and Katie Everitt, who attended the festival for the first time.

Dan, 37, said: "When I saw the line-up and realised Catfish were playing, I had to get the tickets for Katie's birthday."

For information about next year's

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ENTERTAINMENT & LISTINGS

Chemistry proved a winner

THERE was a party atmosphere at the New Theatre on Monday night as the musical 'Save the Last Dance for Me' arrived in Oxford.

Named after The Drifters song, the musical is set in 1963 and tells the story of two sisters.

Factor contestant Lola Saunders, and Marie, who is played by actress Elizabeth Carter, go on their first holiday together without their parents.

After leaving Luton for sunny Lowestoft, the two siblings meet a group of American airmen, who invite the two sisters to a dance at their base.

While they are boogying the night away, 17-year-old Marie instantly falls in love with Curtis (Wayne Robinson), a black airman, who also has mutual feelings towards Marie.

However, the tension of being in the army and as well as being in an inter-racial relationship, back in a time when it was deemed inappropriate, fills Curtis' head with excitement, doubt and curiosity, as well as acting irrationally, which was perfect for this love story.

I have seen many shows where you can tell the actors are just playing a character and the chemistry has not been the best.

But as soon as the first curtain went

By James Richings

up I was captivated as the chemistry between all the characters was spot on.

Saunders and Carter made it believable to the audience that they were sisters, whilst former Blue member Jennifer, who is played by former X Antony Costa, who received a great reception when he first took to the stage, which he acknowledged, came

out with an American accent that took everyone by surprise.

Known for his typical London twang that helped him reached the top of the charts on many occasions, out came this strong Memphis dialect that really help set the tone for what was in store.

The doo-wop dancing with popular hits from the likes of Elvis, Andy Williams and The Drifters being belted across the George Street venue by the cast of 17 performers really left the hairs on the back of your neck standing, as every song was sung with conviction.

However, there was just one negative. On a couple of occasions, the band playing some of the most famous tunes from the 1950s and 1960s were louder than the singers, which did drown out their vocals.

But this did not spoil my evening, as everything seemed to fall into place.

The ending was also a great sight

I must have been the youngest person watching the show, as there at least two generation gaps between the audience and myself.

So when a certain number came on, I didn't appreciate the song as much as the numerous pensioners did, as they started to sing without a care in the world.

The bows and thank-yous lasted for a good 10 to 15 minutes with Costa regularly encouraging everyone in the theatre to dance and sing to the tunes being played.

Overall, I thoroughly enjoyed the musical and highly recommend it.

The run of shows will finish at the George Street venue on Saturday, July

Beer festival

FESTIVAL: The Cogges Beer and Cider Festival will take place at Cogges Manor Farm from Friday, July 29, to Sunday, July 31.

The three-day run will see a number of different alcoholic beverages on show, with the festival also having live music, food and numerous games.

Tickets cost £8 and it starts at 6.30pm.

HippyHaze gig

LIVE MUSIC: Oxford-based band HippyHaze will be gigging at the home of Kidlington Football Club on Saturday, August 6.

The three friends will perform a number of popular hits from 1966 to 1969 at the Yamfield Road Stadium.

The gig is free and will start at 2.15pm.

Metal night returns

LIVE MUSIC: Oxford's O2 Academy monthly metal night is back on Saturday, July 30.

'Skeletor' will see five metal bands take to the Cowley Road stage including Bloodshot, Infurious, Contek, A Nightmare Upon Us and a group yet to be confirmed.

Doors open at 6.30pm and tickets cost £8.05.





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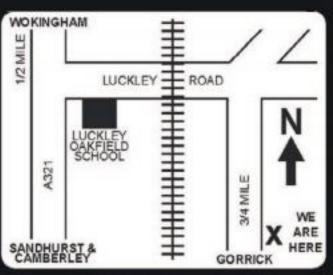
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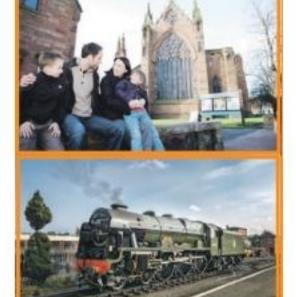
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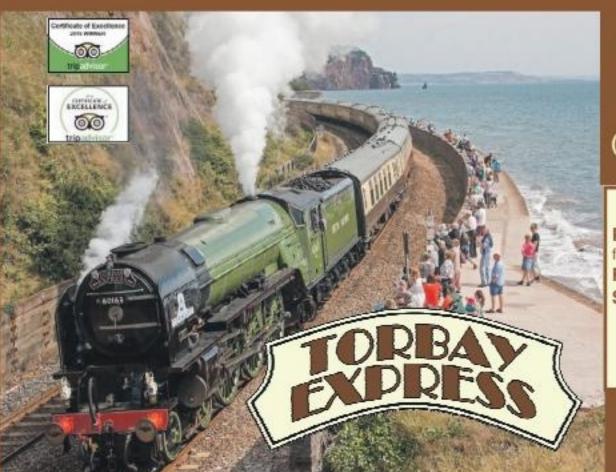


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ENTERTAINMENT & LISTINGS

Thoughts penned on home

FOR four days in Oxford, award- By James Richings winning writers and poets will show off their skills when 'Writing Home' arrives at the Oxford Playhouse.

The event, which started yesterday (Wednesday, July 20) and finishes on tal's Roundhouse Theatre last year. Saturday, July 23, will see numerous their thoughts on the subject of home, with the stories touching on a number of side topics.

Environmentalism, cultural differthe areas that writers will be talking subject of home.

And for poet, writer and actress Cecilia Knapp, who will perform at the Beaumont Street theatre on Saturday, the chance to express her thoughts and feelings in Oxford was an offer too good to refuse.

"I haven't ever performed in Oxford and I'm thrilled to be coming to read as I love the city, so I'm really looking learning to love yourself in spite of how forward to it," she said.

"There's a freedom in writing where all you need is a pen and paper.

"Somehow seeing it on the page always helps me to make sense of to process our experiences, and the what's going on in my head."

A full-time performer for the last others. four years, Cecilia has headlined some of Britain's most popular poetry events and complex idea and everyone will

such as London's Bang Said the Gun, while her debut spoken word play, 'Finding Home' premiered at the capi-

And with a new crowd to woo this writers from across the country share weekend, the writer hopes her experiences, which have been the main source of inspiration for her poems and stories, will encourage a new generation of writers, with Cecilia stating ences and sexuality are just some of that 'writing down how you feel, or what you have experienced gives you about when discussing the main the space to process and reconcile your thoughts'.

> "I write a lot about place and how that has an impact on people and a lot of my poetry attempts to deal with this idea," she said

> "My debut theatre piece 'Finding Home' is really about finding a place to call your own, but it's also a story about finding home within yourself and difficult life might make that for you.

"And I just love telling stories and I think stories unite us.

"They help us understand ourselves, telling of stories helps us understand

"This idea of home is an interesting

bring something new and unique to story, and to hearing others." their work on the subject.

"I'm looking forward to bringing my and tickets cost £10.

The performance will start at 7.30pm



Rolling back years

LIVE MUSIC: Bee Gees tribute band Stayin' Alive will arrive at The Mill Arts Centre in Banbury on Saturday, July 23.

Formed in 1999, the band is regarded as one of the most popular Bee Gee tribute acts in the world, as the three musicians regularly travel the globe performing hits such as 'Night Fever', 'Jive Takin" and, of course, 'Stayin' Alive'.

The Spiceball Park gig starts at 8pm and tickets cost £16.50.

Stand-up comedy

COMEDY: Four stand-up comedians will take to the stage at Oxford's Glee Club on Saturday, July 30.

Funny men Andrew Ryan, Paul Tonkinson, Andy Robinson and another comedian not yet named, will set the audience laughing at the Hythe Bridge Street venue.

Suitable for over-18s, tickets cost £14.50. Doors open at 7.15pm.

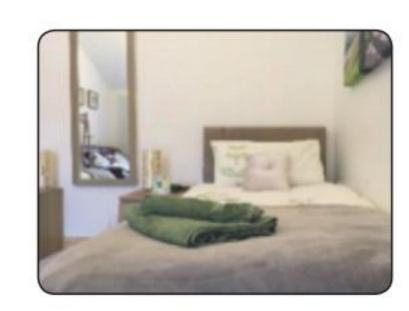
Dancers perform

DANCE: The Lunas Dance Project visits the Old Fire Station in Oxford on Saturday, July 23. After just a week of intensive training, the dancers will perform what they have learnt. Tickets cost £8 and the show starts at 7.30pm.

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Your name will be entered into the draw and if you win you will be contacted to tell you how to collect your tickets.

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ENTERTAINMENT & LISTINGS

To advertise call 01235 511700

Fri, Jul 22, 8pm Callow Saints

O2 ACADEMY, OXFORD

After their performance at Watlington's Beacon Festival, Callow Saints are returning to Oxfordshire on July 22.

Sat, July 23, 8pm The Mill Arts Centre, Banbury STAYIN' ALIVE

Bee Gees tribute band Stayin' Alive UK recreate the most accurate portrayal of the Gibb Brothers, covering hits from all the decades. Their uncanny resemblance has to be seen to be believed!

Sat, Jul 26, 7.30pm Cornerstone Arts Centre, Didcot STUART MACONIE THE PIE AT NIGHT

Writer and broadcaster Stuart Maconie takes you on a nocturnal trip through Britain in search of fun. With his bestselling books as



a guide, Stuart plots a route that takes in high art to low culture, family holidays to fell-walking, music, sport, politics, crown green bowling and zombie apocalypses...always keeping in mind his motto: all things in moderation, including moderation!

Fri, Jul 29 – Sat, Jul 30 Burton Taylor House, Oxford BT COMEDY CLUB

Each night will feature the best of local talent and the finest comics on the touring circuit, all tied together (not literally) by your host Dan Gilbert. Acts already confirmed for the first BT Comedy Club include star of Come Dine With Me Adam Mastroianni, political activist and comedian Kate Smurthwaite (Fri), and Moj Taylor (Sat).

Sat, Jul 30, 11am and 2pm Cornerstone Arts Centre, Didcot THE LAST POST

Step on board our pillar-box red van-atorium outside Cornerstone, known as Mobile Sorting Office 451, to a world where snail mail reigns supreme. You'll meet Verity, the irrepressible heiress of an international pen-pal agency, and Red, a redundant Post-Master. Witness the unwrapping of their curious love story, accompanied by live music, provided by Tomaz (who arrived one day in a jiffy bag). The Last Post will be performed outside Cornerstone and has limited capacity. Book your tickets in advance to avoid disappointment.

Sat, Aug 6, 11am Cornerstone Arts Centre, Didcot STEAM

The Urban Playground Team animate a skeletal scaffold steam locomotive through scenes inspired by the slapstick comedy of Buster Keaton, the rooftop chases of James Bond, the train-jacking of the Wild West, the Heartbreak of the first World War and the dark future of inner city commuting. These guys combine contemporary and urban dance with parkour and physical theatre and are a delight for audiences of all ages.

Following each performance, there's an open workshop for anyone over aged 10+. There's also a more intense series of workshops (5, 6, 7 and 9 August) where participants will help devise a scene and perform in STEAM LOCAL LINE at Didcot Railway Centre on Wednesday 10 August. Great for all ages.

Sat, Aug 6, 8.15pm The Glee Club, Oxford COMEDY NIGHT

Comedians Scott Bennett and Rob Hughes are to arrive in Oxford.

Thu, Aug 11, 7pm O2 Academy, Oxford

BIG D AND THE KIDS

Big D and the Kids Table has paved their own way, spreading their explosive music around the world. Beginning as a ska-punk band in 1996 the group has released over 13 albums, ranging in style across dub, thrash and reggae.

Fri, Aug 12, 10pm O2 Academy, Oxford BERES

HAMMOND

One of Jamaica's greatest singer songwriters and the ultimate Lovers Rock singer, Beres Hammond has pioneered soulful reggae music since his career began over 40 years and Beres' beloved hit.

ago. Beres' beloved hit-filled repertoire, spread across a massive 26 studio albums, is a journey that every music lover should take a trip through; from soul and funked up reggae jams, dancehall, rock steady and of course the love. Fri, Aug 12 - Sun, Aug 14 Cornerstone Arts Centre, Didcot

HIGH SCHOOL MUSICAL

Cornerstone's summer school takes to the stage. There's trouble at East High School when new student Gabriella has found her way to being a brainiac and a great singer. In Disney's smash hit show anything goes but eventually everyone realises that being yourself and having your own identity is best.

Up to 50 local young people perform in this fast paced, fun show! This is a joint project between Cornerstone and Arts Academy Theatre School. Performances are taking place on the following dates:

Sat, Aug 13, 7pm O2 Academy, Oxford BETTER THAN NEVER

Mon, Aug 15 – Fri, Aug 19 The Theatre, Chipping Norton TAKE PART SUMMER:

Working with theatre professionals, participants will develop a piece of theatre together and learn how performances transfer from the rehearsal room to the stage. The week culminates in performances on our stage at 6.30pm on Friday.

DRAMA WEEKS FOR 8 - 12

Tue, Aug 16, 7.30pm O2 Academy, Oxford

HAYSEED DIXIE

Performing a combination of original compositions and bluegrass cover versions of hard rock songs, Hayseed Dixie are acknowledged as the creator of the musical genre 'rockgrass'.

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From 6:00pm, Oxfordshire News Now brings you:

Thursday 21st July: Catherine Duff tells is about running four marathons

Friday 22nd July: We're joined by Paul Ingham talks about his 800 mile cycle challenge

Monday 25th July: James Mitchell tells us about taking part in Dad's Day Out

Tuesday 26th July: We welcome Lloyd Figgins informs us on staying safe abroad

Wednesday 27th July: Jenaya Hall-Williams and her mum talk about their viral video

On Talk Oxfordshire, on **Thursday Beverley Sunderland** is talking

business, Friday Emma-Jane Taylor talks fitness, Monday Robin Shuckburgh discusses food and drink, Tuesday Jeremy Allen talks Current Affairs and Wednesday Eve Ahmed talks all things community.

Tue, Aug 16, 7.45pm The Theatre, Chipping Norton JOSH WIDDICOMBE

Josh Widdicombe, that guy from the TV comedy shows with the curly hair, is back on the road with a brand new tour. Since he's been away from stand up Josh has been working hard on other things but don't worry, in his spare time he has found a lot of minor things to get annoyed about, and now he has a chance to talk about them on stage.

Fri, Aug 19, 7pm O2 Academy, Oxford DEATH OF THE MAIDEN



This is a 60 minute laugh-out-loud show, full of razor-sharp observations; sharp, witty and insightful, Jo will make you think as much as she makes you laugh – you

As seen on The John Bishop Show (BBC One), Michael McIntyre's Comedy Roadshow (BBC One), Mock the Week (BBC Two) and Have I Got

formunce will contain come adult humour as well as occasional and b

Management Disclaimer Please note - that while we make every effort, shows can change without notice due to unforeseen circumstances and commitments of artists

won't be disappointed.

News For You (BBC One).



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ENTERTAINMENT & LISTINGS

Sat, Aug 20, 2pm The Mill Arts Centre, Banbury PLUNDERED

Whilst searching for hidden treasure, Captain Blackbeard, a famously selfish pirate, has left a once beautiful tropical island littered with rubbish and its inhabitants struggling to survive. It's up to Maggie and Roy to save it. The trouble is... they're REALLY not friends. Teleported from their school trip at the Maritime

Museum into the centre of a swashbuckling adventure in the Amazon, can they learn to work together, win the race to find the legendary treasure - and restore the place to its natural glory?

Tue, Aug 30, 7.30pm The Mill Arts Centre, Banbury

In 1947, Dalton Trumbo (Bryan Cranston of Breaking Bad fame) was Hollywood's top

screenwriter until he and other artists were jailed and blacklisted for their political beliefs.

This star-studded film recounts how Dalton used scripts and wit to win two Academy Awards and expose the absurdity and injustice of the blacklist, which entangled celebrities including gossip columnist Hedda Hopper (Helen Mirren), John Wayne and Kirk

Tue, Aug 30 - Sat, Aug 3 New Theatre, Oxford

It's been seventy years since Glenn Miller vanished over the English Channel as he flew to Paris to entertain the troops during the Second World War. Did he crash? Was he shot down? Will the mystery ever be solved?

THE GLENN MILLER STORY

Brought to the stage in a brand new musical spectacular, is the life, fame and vanishing of

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Music legend TOMMY STEELE, Britain's first rock n' roll icon who became our greatest ever song and dance man, commands the stage as only a very great star can in this extraordinary tale of the world's most famous big band leader, featuring a spectacular 16 piece orchestra plus a full supporting company of sensational performers and dazzling

INNOVATION IN DESIGN.

choreography.

Tommy's legendary career boasts countless hit singles, Hollywood movies and award-winning stage musicals such as Half a Sixpence, Hans Andersen and Singin' in the Rain at the London Palladium, where he was recently honoured with a prestigious plaque celebrating the fact that he remains the theatre's most successful ever

STANDLAKE ARENA

Sunday 24th July **BANGER RACING**

UNMISSABLE MEETING!

Mens and Ladies Bangers. F2 Stox, Juniors and Drift Rod Open Championship.

Find us between Standlake Village and Witney on the A415. Racing starts at 11.30 am. View from your own car on the raised banking, bring the kids, they'll love it.

> Admission: Adults £12, Children £5. Children under 10 FREE. Parking FREE.

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This is your 2fort TICKET for the NEW 2 DAY Newbury Antiques Fri 29 July (10am-5pm) & Sat 30 July (9am-4pm)

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Win tickets (and more) to Storms, War and Shipwrecks at the Ashmolean!

Dive into the past and discover the extraordinary story of Sicily, the island at the crossroads of the Mediterranean, through spectacular finds rescued from the sea by underwater archaeologists.

For 2500 years, Sicily was the place where the great powers of the ancient and medieval world met and fought. Phoenicians, Greeks, Romans, Byzantines, Arabs and Normans battled for control, with many of their ships sinking off the island's rocky shores. Sicily's azure waters have since become a focus for underwater exploration and dozens of shipwrecks have been recovered.

Immerse yourself in the world of the underwater archaeologist and explore the multicultural history of Sicily revealed through stunning and unusual artefacts brought up from the depths of the sea.

The exhibition runs until 25th September and we have 4 tickets to give away with kids under 12 getting in free. Winners will also receive goodies from the shop including a lovely orange stuffed Octopus toy, an exhibition book and an exhibition mug.

To be in with a chance of winning just answer this simple question:

Q Where is this spectacular exhibition being staged?

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Vic Theatre,

Peter Pan in Scarlet

This summer marks the return of the Oxford Playhouse to middle scale producing with the world premiere of the stage adaptation of Peter Pan in Scarlet, the best-selling official sequel to JM Barrie's Peter Pan, written by Carnegie Medal and three times Whitbread Children's Book Award winner Geraldine McCaughrean. The book was originally commissioned by Great Ormond Street Hospital Children's Charity to whom Barrie gifted all rights to the character and original writings in 1929. The novel will be brought thrillingly to life by director and adapter

Theresa Heskins, Artistic Director of the New and an award-winning team including Aerial Director, Vicki Amedume, Artistic Director of circus theatre company Upswing, composer and Musical Director, James Atherton and designer Liz Cooke.

It's 1929, and Wendy and the Lost Boys have all grown up when strange dreams begin to spill out of Neverland. When souvenirs of Neverland appear in their beds cutlasses, mermaids & war paint - the Lost Boys realise that something must be wrong, and their friend Peter Pan needs their help. Wendy and the Lost Boys squeeze into their own children's clothes, shrink down to their former sizes and, armed only with fairy dust, fly back to Neverland for one last adventure. There are thrills, spills and much swash-buckling derring-do in this action packed spectacular as Tootles, Slightly, Wendy, John and Peter fight wild animals, quarrel with fairies, climb

treacherous mountains and encounter curious characters like Ravello, a circus ringmaster and Fireflyer, the grumpy fairy.

Geraldine McCaughrean has written more than 160 books and her work has been translated into 45 languages worldwide. Her work includes many retellings of classic stories for children including The Odyssey, El Cid, The Canterbury Tales and Moby Dick. In 2004, to coincide with Peter Pan's centenary Great Ormond Street Hospital Children's Charity launched a competition

to find the author of a sequel. McCaughrean won the competition, after submitting a synopsis and a sample chapter. Peter Pan in Scarlet was released internationally on 5 October 2006 and has since been translated into 37 languages in 55 countries. McCaughrean has written many other children's fiction books including The Kite Rider, The White Darkness, Plundering Paradise and The Middle of Nowhere. Her historical novels for adults include: The Maypole, Fire's Astonishment, Vainglory, Lovesong and The Ideal Wife.

Theresa Heskins is the Artistic Director of the New Vic Theatre. Recent productions have included Kiss Me Quickstep, Robin Hood & Marian, Unearthed (developed in association with the National Theatre Studio; one of the Guardian's top Ten Regional produc-

tions of 2015), The Throne, Dracula (one of

the Observer's Top Ten Productions of 2015), The Borrowers and Around the World in 80 Days in collaboration with Manchester's Royal Exchange Theatre (nominated for 'Best Show for Children and Young People' in the 2014 UK Theatre Awards and the 2015 Manchester Theatre Awards 'Best Production'). Her adaptation of The Lion the Witch and the Wardrobe, originally presented at the New Vic, has subsequently been produced by Northampton Theatres, the Kingston Rose and, last Christmas, by both the Edinburgh Lyceum and the Cardiff Sherman.

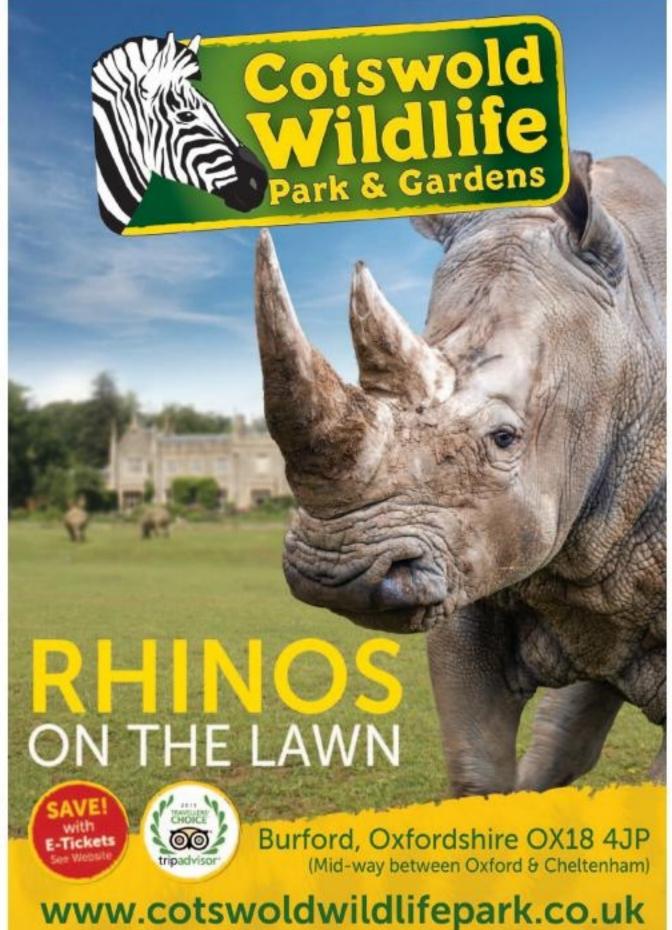
Summer 2016 sees the completion of a 3-year refurbishment programme at the Oxford Playhouse, with the new auditorium re-opening with Peter Pan in Scarlet after a 2-week run at the New Vic.

Peter Pan In Scarlet is the official sequel to J
 M Barrie's Peter Pan commissioned by Great

Ormond Street Hospital Children's Charity and published by Oxford University Press. Great Ormond Street Hospital Children's Charity registered charity no. 1160024.

Cast details to be announced shortly

Tickets for Peter Pan in Scarlet at Oxford Playhouse start from £11.50 and are available from the Ticket Office on 01865 305305 or book online at www.oxfordplayhouse.com





SUMMER 2016!



Please book; prices vary

22nd Jul, 12th Aug & 2nd Sep	Discover & Play 10am-12pm Forest School for pre-schoolers
25th-29th Jul	Clumps Club 9am-5pm Wild adventures for 7-11yr olds
1st & 15th Aug	Sling Walk 10am-11.30am
3rd Aug	Wildlife Wednesday 2pm-4pm At Mowbray Fields, Didcot
4th & 5th Aug	Clumps Club 9am-5pm Wild adventures for 12-14yr olds
7th Aug	Pond Dipping 10am-2pm
10th & 24th Aug	Woodland Adventure 10am-12pm An expedition for 5-8yr olds
12th Aug	Meteor Shower Walk 9pm-11pm
17th Aug	Wildlife Wednesday 2pm-4pm At Wallingford Castle Meadows
21st Aug	Family Bushcraft 10am-4pm
4th Sep	Fantastic Foraging 10am-2pm

Earth Trust, Little Wittenham, OX14 4QZ More information or to book: 01865 407792 admin@earthtrust.org.uk www.earthtrust.org.uk

Drop in; £4 suggested donation per child

Drop in; £2 suggested donation per child



Summer Fun with the Earth Trust

Looking for some inspiration to keep the kids busy this summer? Look no further! Here at the Earth Trust we've got a whole host of activities and events throughout July and August. Earth Trust is an environmental learning charity based in Little Wittenham (OX144QZ); our nature reserve is home to the iconic Wittenham Clumps, as well as a working farm, beautiful wildflower meadows and shady woodlands.

Our summer holiday Clumps Club for 7-11 year olds is running from 25th-29th July, though it's filling up fast so be sure to get in touch asap if you would like to book. This year we're also trialing a Clumps Club for slightly older children (12-14yrs) on 4th and 5th August. On Thursday 4th we'll be learning all about Survival and Bushcraft, including shelter building, lighting a fire without matches and making bows and arrows! On Friday 5th we're giving youngsters the opportunity to Be a Wildlife Warden and help out with practical conservation tasks on the nature reserve. Both days are sure to be a lot of fun.

We also have two Wildlife Wednesdays during August; our roving Wildlife Wednesday visits a different Earth Trust community nature reserve each time and this summer you can find us at Mowbray Fields in Didcot on 3rd





August and Wallingford Castle Meadows on 17th August. Come out and play and find out all about your local wildlife.

Older children (and adults!) may be interested in our Meteor Shower Walk on Friday 12th August. Following an informative talk and walk up the Wittenham Clumps, we'll settle down to watch the annual Perseid meteor shower (weather permitting!). Due to the timing (9pm-11pm) younger children might have to give this one a miss.

We've got plenty of drop-in sessions coming up too, including our regular Woodland Adventure for 5-8 year olds (10th and 24th August) and Discover & Play for the under-5s (22nd July and 12th August), as well as a pond dipping day for all on Sunday 7th August. There's no need to book for any of these sessions, just turn up and join in!

For full details, including prices and how to book, please see www.earthtrust.org.uk/whatson.

If you can't make it to any of our events why not pop by for a picnic or a walk up the Wittenham Clumps? There's lots to explore and a sunny summer's day is the perfect

We hope to see you soon!

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Summer Steamdays

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TUES 16 AUGUST

SEE OUR WHEELWRIGHT IN ACTION AND DO SOME WHEELY GOOD CRAFTS!

TUES 23 AUGUST

MEET MR SYLVESTER - THE MAN WHO MADE WANTAGE SMELL BAD! WATCH OUR FOUNDRY MAN CAST METAL

TUES 30 AUGUST

HAVE FUN WITH WEAVING AND BRAID MAKING

DROP IN ANYTIME BETWEEN 11AM - 3PM
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CHILDREN MUST BE ACCOMPANIED BY AN ADULT

Vale & Downland Museum

Church street, Wantage, OX12 8BL T: 01235 771447 E: vale.downland@gmail.com Open Monday - Saturday 9.30-4pm





Summer Fun at The Railway!

There's lots for the kids to see, do and learn about at the railway this summer! Ride on a full-size steam train, visit our museum, take a trip on our miniature ride-on steam railway and see beautifully restored steam engines in our visitor centre with cafe and shop. We are open from 10.30am until 5pm

Steaming Days

Come for Steam Train Rides every Sunday and Wednesday from July 10th until Wednesday 31st August!

Static Viewing

Come on a Tuesday or Thursday for a quieter day out. The site is open, but the train rides aren't running, and ticket prices are reduced.

Day Out With Thomas: 3rd & 4th September

Steam train rides with Thomas the Tank Engine™, meet the Fat Controller, get your face painted, watch a children's show and go on the miniature steam railway!







For more information contact us: Email: marketing@bucksrailcentre.org
Buckinghamshire Railway Centre, Station Road, Quainton, Nr Aylesbury HP22 4BY
Tel: 01296 655720 www.bucksrailcentre.org





School is out and Cornerstone is in!

Cornerstone has the school holidays covered with a huge range of workshops to keep youngsters busy.

World Dance Day On Thursday 28 July is for all those aged 5 years plus who fancy trying their hand at different dance styles from around the globe. Styles include Bollywood, African Jazz, Khatak, Hungarian folk and more. All abilities welcome as children are encouraged to work with others and learn fun combinations of movement from around the world.

On Tuesday 2 and Wednesday 3 August, those aged 6-12 years can enjoy Dance Explorers. This two session workshop is an opportunity for young people to create a new



piece of dance together which will be shown to family and friends at the end of the second session.

Science Oxford and Cornerstone join forces for a variety of Creative Science Workshops between Wednesday 3 and Thursday 4 August. From crazy kitchen chemistry, to making your own computer game, or a creative construction masterclass. There's loads to keep young minds busy. Budding actors can create a musical in a day on Friday 5 August. Learn the songs and the words to Annie and perform to friends and family at the end of the day.

On Saturday 6 August a skeletal scaffold steam locomotive will be outside Cornerstone for a contemporary and urban dance show at 11am and 2pm. After both performances there will be a free workshop for everyone aged 10 plus to learn the skills for yourselves.

For crafty 6-13 year olds, come and try your hand at creating elephants out of milk bottles on Tuesday 9 August at Recycled Art: Milk Bottle Elephants. There will be all manner of throwaway materials available such as colourful patterned paper and sequins to make your own unique creation.

On Thursday 11 August, dress for mess and get a feel for professional clay whilst making fun and quirky pots in Clay Sculpture: Animal Pots. Your masterpieces will be professionally fired ready for collection at a later date. Animation: Fantasy, Magic and Mayhem! is a hands-on, one-day animation workshop on Friday 12 August. Seven to 13 year olds will learn the tricks of the trade; from stop frame to flipbooks, iPad cartoons to Apps, ending with a magical mini animation.

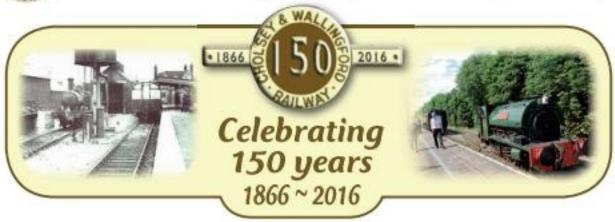
For the littlest ones in the family, an outdoor experience awaits under-fives on Sunday 31 July. In the show Little Artist: Big Painting dancers create a larger than life painting through a colourful mixture of dance, paint and music. There's a chance for little artists to create their own big painting with the dancers after the show.

For further information and to book call Cornerstone on 01235 515144 or go online to cornerstone-arts.org

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Compton Verney ART GALLERY & PARK



www.comptonverney.org.uk

What is Compton Verney?

Seen across the lake and majestic grounds created by Lancelot 'Capability' Brown, the 18th Century Robert Adam-designed Compton Verney could be the quintessential English country house.

But this once refined seat of nobility is anything but Warwickshire's answer to Downton Abbey, today Compton Verney is a vibrant and nationally important art gallery and park.

In the late 1700s Compton
Verney was transformed into
the magnificent Georgian
mansion by Britain's most gifted
innovators: the architect Robert
Adam, and the celebrated
landscape designer, Lancelot
'Capability' Brown.

In 1993, Compton Verney was bought by Sir Peter Moores who painstakingly restored Compton Verney while putting together a collection artworks including ancient Chinese bronzes, Tudor portraits and 18th-century Neapolitan landscapes.

Today Compton Verney is home to one of Britain's most important and culturally forward-thinking art galleries. Brown's landscape is also being sensitively restored and reinterpreted, making it a haven for nature lovers, an outdoor art space and huge adventure playground for children – and the location for some fantastic exhibitions and

Running until 2 October is one of 2016's most feel-good exhibitions, Britain in the Fifties:

Design and Aspiration which will take you on a fascinating journey down memory lane. See how design shaped and influenced people's lives whilst embodying their aspirations for the future. Although the country was still recovering from the seismic shock of the Second World War, there was a general mood of optimism, as austerity gave way to increasing affluence and burgeoning consumerism. This carried on through much of the decade, prompting Harold Macmillan's famous quote: "Go around the country, go to the industrial towns, go to the farms and you will see a state of prosperity such as we have

the industrial towns, go to the farms and you will see a state of prosperity such as we have never had in my lifetime ...most of our people have never had it so good."

In the years which followed the ground-breaking Festival of Britain of 1951, design played a crucial role in shaping and redefining the Brave New World of a modernising and increasingly prosperous Britain. Britain in the Fifties traces the design journey of a notional young British couple and conjures the social and cultural landscape of this fascinating time.

For more information follow @ ComptonVerney on Twitter, like the Compton Verney Facebook page or visit www.comptonverney. org.uk

Dog Show with a difference at Compton Verney

There's the perfect day out for all the family – those with two legs and four - on 21 August as the award winning, national art gallery Compton Verney hosts its first ever dog show.

Explore the Grade I-listed
Georgian mansion and 120
acres of Grade II-listed Lancelot
'Capability' Brown parkland,
maybe see the critically acclaimed
Britain in the Fifties: Design and
Aspiration exhibition, before
grabbing some BarBQ, a Pimms
or beer and cheering on your
canine companion in fun events
such as Dog with the Waggiest
Tail, Best Dressed Dog, Fastest
Sausage Eater, Loveliest Lady and
Most Handsome Dog.

There will also be great displays to be enjoyed including Pacesetters German Shepherd Dog Display Team, a Gun Dog Display and the hugely popular Duck Herding!

STEP BACK IN TIME TO CELEBRATE THE 1950'S WITH ALL THINGS VINTAGE!

Immerse yourself in this fabulous era among the stalls, dancing, style, vintage cars, music and more!

Wander through Ruby's Vintage & Retro Fair where there will be 50s clothes and home-ware on sale.

See and take part in dancing demonstrations, enjoy live music by the band 'Showtunes', explore the vintage cars and vans from the British Motor Museum, meet the ladies from WI for sewing demos and get a 50s makeover at the vintage pop-up hairdresser complete with 1950s make-up*.

AutoNekly Oxfordshire's motoring newspaper Keeping you motoring for over 30 years

New interior and performance praised as the Jaguar XE R-Sport is released by iconic manufacturer

If you want to feel epic, buy one



THIS week's review of the Jaguar XE By Anthony Yates R-Sport will be very easy to explain, but it will also be a very short review I'm afraid - this is because not only do I like how the XE R-Sport looks, but I also like how it made me feel and that's epic.

When I road-tested the standard XE model a few months ago, I was astonished by how well and controlled it felt and I remember praising Jaguar for doing such a brilliant job on the suspension and pretty much the whole car actually.

I have now had the chance to drive the mightier XE R-Sport and I have to say that it feels even more precise and more poised than the standard model. Once again, I am staggered by how controlled the R-Sport feels on the road and, even if I wanted to find something wrong, I doubt that I could because actually it's just too good.

I know I have said this before, but the Jaguar engineers really have done a fantastic job of getting everything right. The XE R-Sport is, in my mind, a proper driver's car.

INSIDE AND OUT:

As with all Jaguars, the interior is beautifully made and the detailing lines and appearance is sleek but bold. The R-Sport is also equipped with

modern, lightweight materials inside and the layout is set up really well to help the driver feel at R-Sport is, in my mind, a proper seconds.

There are also = some very good ideas inside and it 140mph. MPG-well, let's just say that stand out in front of all the others.

Inside the cabin, you will find equipment and interior touches such as a DAB digital radio, chrome side power vents, 8" capacitive touch screen, eight-speed automatic transmission with Jaguar sequential shift, intelligent stop/start, torque vectoring by braking (TVBB) and the R-Sport bodykit which makes the XE look even more mean by giving it a very dominating appearance out on the road.

PERFORMANCE:

The R-Sport is fitted with the brilliant 2.0-litre i4 turbocharged diesel engine which was equipped with the intelligent stop/start system to enhance fuel economy.

This180ps version produces 430Nm

of torque and can accelerate from 0 to 60mph in getting everything right. The XE just over seven

> Top speed is also maxed out at

is these ideas that make the R-Sport I managed over 50mpg (urban) that's quite staggering!

TO SUM UP:

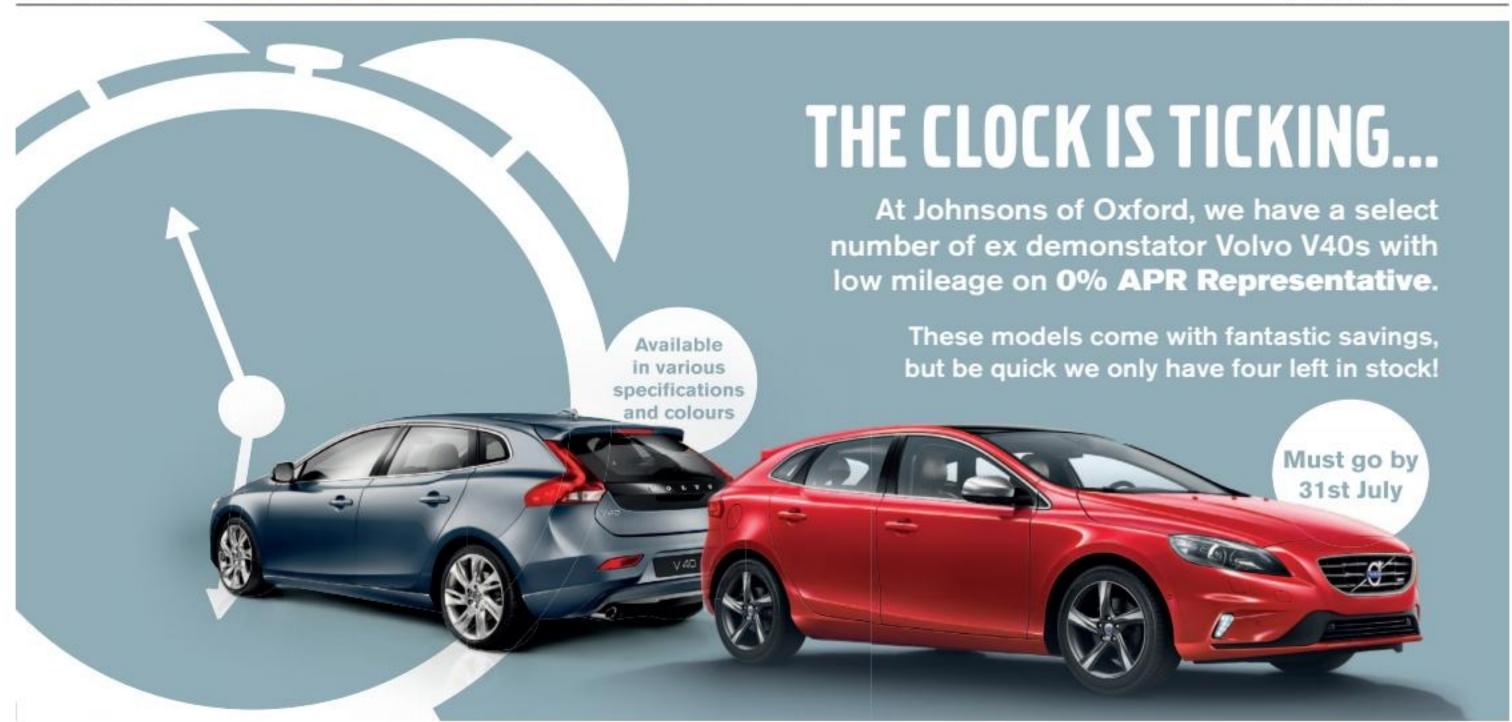
"The Jaguar engineers really

have done a fantastic job of

driver's car."

The XE R-Sport is a brilliant machine that has been built for quality and at a price that won't see you needing to apply for a second mortgage to own one. If you are currently looking for a great car with the ability to make you feel epic, then look no further than the XE R-Sport. This truly is an excellent piece of engineering.

Price (from): £34,775



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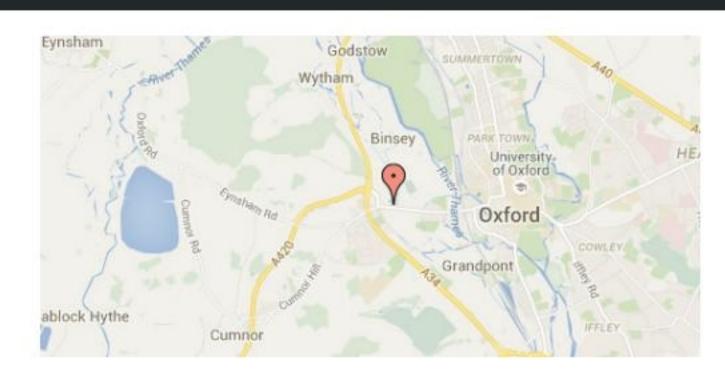
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Team Johnsons Read from right to left



Adam Rhodes, Mazda Sales Manager

Adam has been with Johnsons at the site since 2011, promoted from a sales executive into the Mazda sales manager role.

Charlene Wicks, Mazda/Hyundai/Lexus

Service Manager

Charlene has been with the group since 2014, promoted from our Mazda site in Swindon to run the service operation for the three brands.

John Earl, Retail Manager, John has recently joined the management team at Botley, with spells at Landrover and Jaguar under his belt previously.

Matthew Lowe, General Manager

Matthew joined the group in 2006 and is now in his

10th year. He previously ran the Johnsons Honda site in Slough and took over at Botley 15 months ago.

Ben Ewers, Parts Manager

Ben has been with the group over 10 years and the multibrand parts operation.

Paul Anders, Hyundai Sales Manager

Paul has been with the group for over 10 years, previously running the Lexus dealership at Cumnor hill.

Paul Downes, Volvo Sales Manager

Paul took over the Volvo sales department 12 months ago, moving from VW/Audi with previous spells at Jaguar.

Jon Hale, Volvo Service Manager

Jon has been with the business over 10 years (Jon was unable to make the photoshoot as he was on holiday).

History of Johnsons

Founded in 1999, Johnsons Cars has built itself up to become one of the largest independent car dealerships in the country, through being committed to providing the highest level of customer care and satisfaction in everything we do, from the supply of new and used vehicles through to servicing and repairs.

At the beginning of 2010, Johnsons purchased the site at Botley Road from the Co-op, which was then Volvo, Mazda and Mitsubishi aftersales.

In 2011, Lexus was relocated to Botley Road from Cumnor Hill. In 2013, Hyundai was added to the portfolio at Botley and Lexus became an aftersales operation.

2016, The Mazda dealership was refurbished.

At Johnsons cars of Oxford, we sell new Volvo, Mazda and Hyundai cars. We offer all makes and models servicing and MOT, including a collection and delivery service. We also offer a fully stocked comprehensive parts department for all makes and models, including a delivery service. With a group used car stock offering of over 1000 vehicles, you can be sure to find the perfect car to suit your requirements.

Matthew commented 'We have very loyal customers, who have been with us for years, often buying cars for the whole family. We have won many awards for our customer satisfaction, because our priority are our customers and everything we do through our committed, long serving and loyal team is centered around delivering an outstanding customer experience.'

Johnsons are proud to support the local community and are involved with local teams such as Frilford heath golf club, Feel fit gym Oxford, Yarnton Blues football team, Easington FC in Banbury.

Johnsons Cars, featuring the managers 'favourite' car



Paul Downes – Volvo V40 Cross Country

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Adam Rhodes – Mazda MX5

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Tel. 01865 566242 Email: arhodes@johnsonsmazda.co.uk



Paul Anders – **Hyundai 110**

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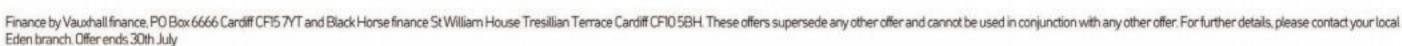
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Johnsons Hyundai Oxford

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Fuel consumption MPG (I/100km) for Hyundai range: Urban 18.0 (15.7) – 80.7 (3.5), Extra Urban 32.8 (8.6) – 94.2 (3.0), Combined 25.2 (11.2) – 88.3 (3.2), CO2 Emissions 261 – 84 g/km. Fuel consumption: figures shown are based on official EU test figures. These are to be used as a guide for

Comparative purposes and may not reflect all driving results. Deposit from 0-50% available. At the end of the agreement there are 3 options: (i) Part exchange the vehicle, (ii) Pay the Optional Final Payment to own the vehicle or (iii) Return the vehicle. Further charges may be made subject to mileage and condition of the vehicle. Terms and conditions apply. Subject to status. Applicants must be 18 or over. Guarantee may be required. Hyundai Finance RH1 1SR. Models shown: i10 SE 1.0 OTR at £8,995 in solid paint at no extra cost. Price includes a £2,030 customer saving. 20 SE 1.2 5dr at £10,995 OTR in solid paint at no extra cost. Price includes a £2,030 customer saving. On the road (OTR) price shown includes customer saving discount where applicable, VAT where applicable, delivery, vehicle first registration fee, number plates and 12 months' Road Fund Licence. All offers, finance and savings are subject to availability and are only available to private retail customers on new cars purchased and registered in the UK (excluding Channel Islands or Isle of Man), between 1st July and 30th September 2016; inclusive, sourced through Hyundai Motor UK Ltd or its authorised dealers. 5 Year Warranty terms and exclusions apply. Please see www.hyundai.co.uk or ask your local dealer. Johnsons Cars Limited trading as Johnsons Cars Limited are a credit broker (not a lender) for the purposes of this financial promotion and can introduce you to a limited number of carefully selected finance providers and may recieve a commission from them for the introduction. Johnsons Cars Ltd (Firm Reference Number: 512460) are an Appointed Representative of ITC Compliance Ltd, and are authorised & regulated by the Financial Conduct Authority (their registration number is 313486) and are permitted to advise on and arrange General Insurance contracts. Registered Name: Johnsons Cars Ltd, Empire Court, Albert Street, Redditch, Worcestershire 897 4DA. Registration No. 3716766 VAT Registration No. GB927551606.



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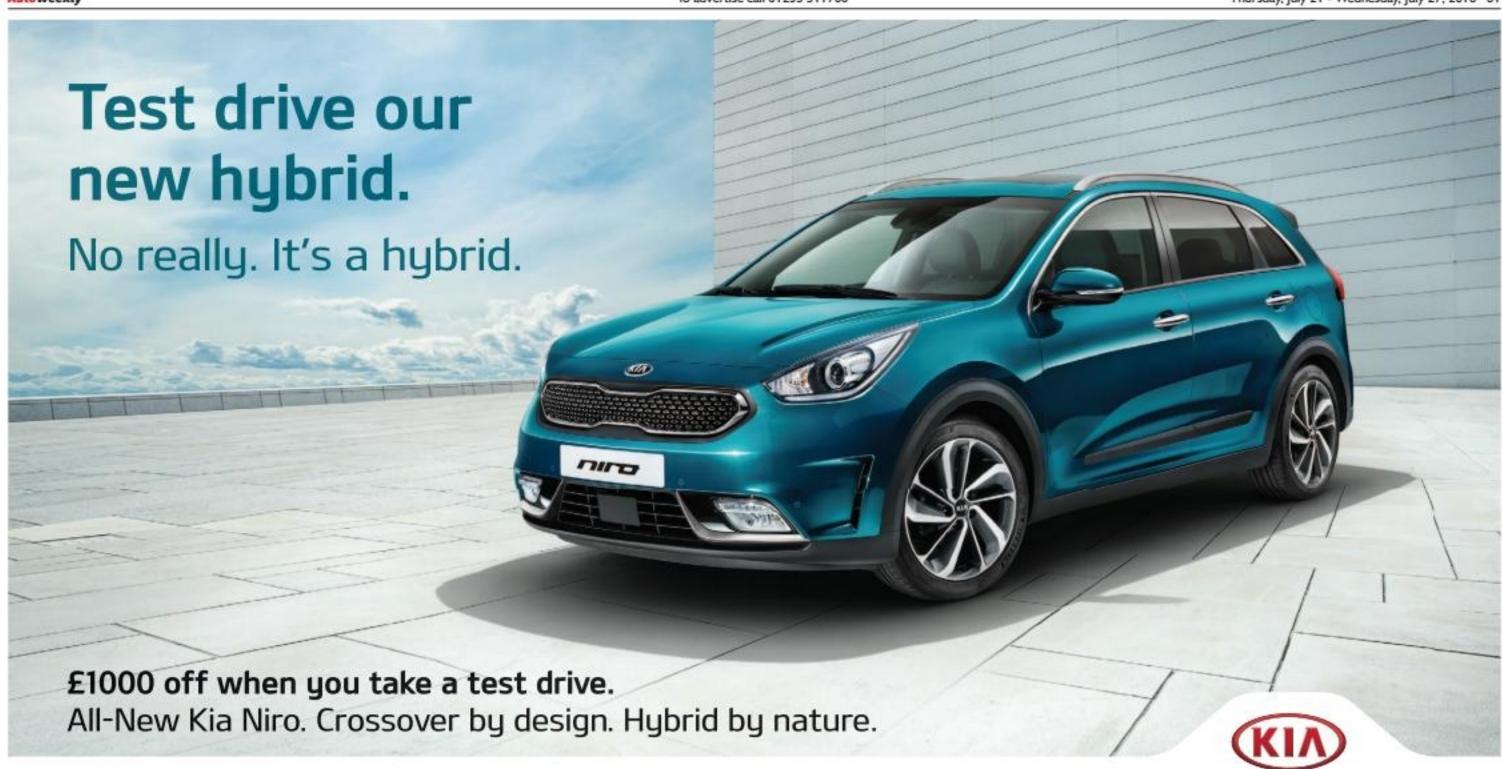
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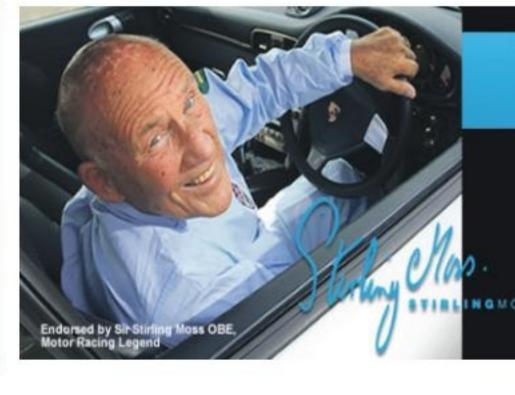


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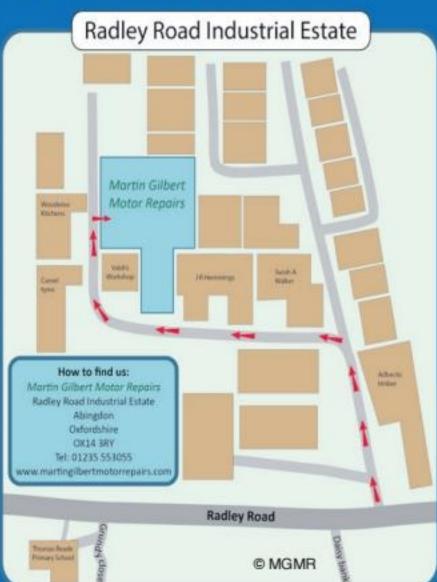
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3.01 diesel auto, black leather interior, tinted rear windows, bluetooth device, loads of s/h and everything works. Private sale. Tel: 07932 012407

Seat Leon 1.4 S



2010 / 10 Year: 59,000 Miles: MOT: June 2017 Colour: Black Price: £5,000

2006

52,800

Year:

Miles:

MOT:

Year:

Miles:

MOT:

Colour: Green

Price: £900ono

HPI clear, no accidents, warranted mileage, company sale due to retirement. Full Seat service history, last serviced at 57,000 miles. Just 2 former keepers, 2 keys, ABS A/C. Stunning looking excellent condition inside and out. Tel. 07847 763 825 5B32231 / 03.08.16

Ford Mondeo Ghia estate 2.0



2001 / Y Year: 103,000 Miles: March 2017 MOT: Colour: Blue Price: £1,100 ono

Full service history (14 stamps), Air-con, climate, 6 cd auto changer, roof bars, tow bar, 4 new tyres, alarm, central locking, alloy wheels, 2 previous owners, Well maintained, Tel, 01869 340656



Kia Sedona 2.9 Diesel

2004 Year: 78,000 Miles: May 2017 MOT: Colour: Blue Price: £1,550 ono

Mercedes Engine, 7 seater, very nice family car. Tow Bar, MOT, very good runner. £1,550 ono or will exchange for a smaller car. Tel. 07864 673 820

SB32270 / 10.08.16

5832268 / 1.8.16

Ford Fiesta



Sep 2016 Colour: Red Price: £1800 ono

1.25 Petrol 3 door, In excellent condition. Tel: 07501 369 487

\$831979 / 10.08.16

1998 / W

April 2017

110,400

Ford Puma 1.7 Coupé



2000 / X Year: 105,000 Miles: MOT: Dec 2016 Colour: Black Price: £300

1.7, 5 speed, petrol, eood engine, a/c, e/w, CD stereo, genuine miles, 2nd Lady Owner, Gd SH/Interior, spare key, manuals, driveway parked. Priced to sell. Private Sale. Banbury area. Tel 07967 054 360.

SB32323 / 10.08.16

\$B32343 / 10.08.16

SB32232 / 03.08.16

Mitsubishi Shogun Sport Trojan



2006/56 Year: 81,000 Miles: MOT: 12 months Colour: Black Price: £4,995

Diesel, 2 previous owners, service history, side steps, full leather interior, well cared for SUV. Only 81,000 miles approx. Tel 01865 240948. SD TIMMO CAR SALES. SB32342 / 10.08.16

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5832341 / 10.08.16

Chevrolet Captiva 2.4



2008/57 48,000 Miles: 12 months Colour: Brown Price: £5,295

Excellent condition, very spacious, full service history, lots of extras. Tel 01865 240948. SD TIMMO CAR SALES.

Peugeot 208 1.4 HDi Active



MOT: Full Colour: Blue Price: £6,995

Year:

Miles:

2013.13

32,000

1.4 manual, diesel, 5 door, air con, 1 owner, DAB, FSH, airbags, PAS. Tel: 01865 326666. Trade.

LH / 28.07.16

Skoda Octavia 1.65 TDI CR



2010/60 64,000 Miles: MOT: Full Colour: Grey Price: £5,995

1.6 manual, diesel, 5 door, air con, 1 owner, FSH, airbags, PAS, traction control. Tel: 01865 326666. Trade.

Toyota Aygo VVT-I Plus



2007/07 Year: 91,500 Miles: Full MOT: Colour: Silver Price: £2,390

1.0 manual, petrol, 3 door, recent service, air con, PAS, E/F/W. FREE 3 month warranty. Tel: 01869 331441. Trade.

SC/28.07.16

Peugeot 207 1.4S



2008/58 Year: 34,500 Miles: Full MOT: Colour: Red Price: £3,450

1.4 manual, petrol, 5 door, air con, recent service, air con, CD, E/F/W. FREE 3 month warranty. Tel: 01869 331441. Trade.

SC / 28.07.16

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Peugeot 206 Coupe Cabriolet 2.0 Petrol



2005 Year: 48,893 Miles: May 2017 MOT: Colour: Metallic Blue Price: £1695 ono

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2015-15 FORD FIESTA 1.25 ZETEC, Silver, 5 Dr, RCL, PAS, EW, AC, Alloys,	-
20100 Miles	95
2013-13 CITROEN DS3 1.6 STYLE PLUS, Grey, 3 Dr, RCL, PAS, EW, AC, Alloys,	-
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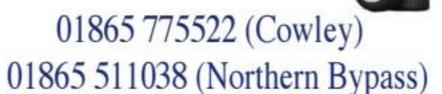
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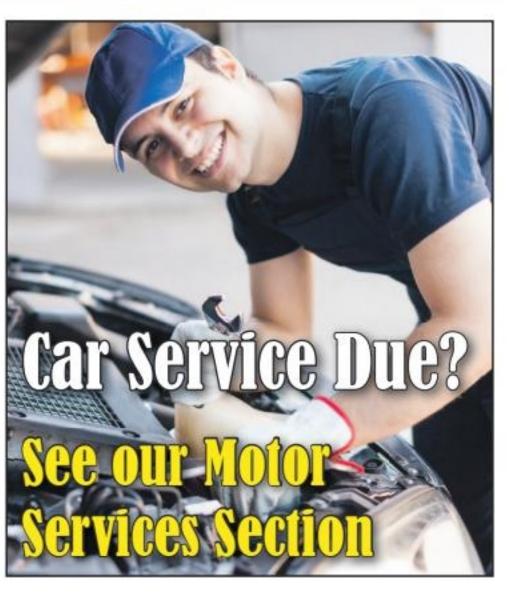
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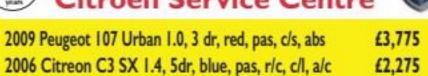
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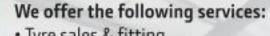
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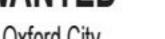
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Public Notice

of White Horse

PLANNING AND COMPULSORY

PURCHASE ACT 2004 (AS AMENDED)

TOWN AND COUNTRY PLANNING

(LOCAL PLANNING) (ENGLAND)

REGULATIONS 2012

NOTICE OF COMMENCEMENT OF

PUBLIC CONSULTATION ON THE

DRAFT STATEMENT OF COMMUNITY

INVOLVEMENT (SCI)

On 1 July 2016, Vale of White Horse

District Council formally approved the Draft

Statement of Community Involvement for

consultation (hereafter the "SCI"). The SCI

explains the arrangements for community

engagement and involvement for the Vale

of White Horse District Council's planning

It covers the council's overall approach to

community engagement in the planning

process including the preparation of the

Local Plan and other planning policy

documents and how to become involved in

Public consultation on the draft SCI starts on

Wednesday 20 July 2016 and runs for eight

The draft SCI and accompanying documents

are available for public inspection at the

district council offices, 135 Eastern Avenue,

Milton Park, Milton, OX14 4SB (Monday to

Friday 9am to 5pm) and can be viewed at

public libraries in Abingdon-on-Thames,

Wantage, Faringdon, Grove, Botley, Kennington,

The documents can also be viewed

electronically on the council's website at

in writing to Planning Policy, Vale of

Avenue, Milton Park, Milton, OX14 4SB:

planning.policy@whitehorsedc.gov.uk;

https://consult.southandvale.gov.uk

using the online consultation system at

All representations must be received by the

council no later than 5pm on Wednesday

14 September. Any submissions received

Further information is available by contacting

the planning department at Vale of White

Horse District Council on 01235 422600, or

e-mail planning.policy@whitehorsedc.gov.uk

after this deadline may not be considered.

White Horse District Council, 135 Eastern

and Didcot during normal opening hours.

www.whitehorsedc.gov.uk/localplan

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Public Notice

Vale of White Horse

PUBLIC NOTICE

PLANNING AND COMPULSORY PURCHASE ACT 2004 (AS AMENDED)

TOWN AND COUNTY PLANNING (LOCAL PLANNING) (ENGLAND) **REGULATIONS 2012**

INDEPENDENT EXAMINATION OF THE SUBMISSION

LOCAL PLAN 2031 PART 1

NOTICE OF COMMENCEMENT OF PUBLIC CONSULTATION INTO RECOMMENDED MAIN MODIFICATIONS FOLLOWING PUBLIC HEARING

In accordance with Regulation 25 (Publication of the recommendations of the appointed person) and Regulation 35 (Availability of Documents) of the Town and Country Planning (Local Planning) (England) Regulations 2012, Vale of White Horse District Council hereby gives notice of the commencement of the publication period of the Main Modifications of the Local Plan 2031 Part 1 as recommended by the Planning Inspector following the Public Hearing.

Public consultation starts on Wednesday 20 July 2016 and runs for eight weeks until 14 September 2016 (5pm). This consultation only concerns the proposed main modifications to the Local Plan, as set out in the schedule of modifications, and there is no need to resubmit representations made on the submission documents, as these have already been considered as part of the

All documents are available for public inspection at the district council offices, 135 Eastern Avenue, Milton Park, Milton, OX14 4SB (Monday to Friday 9am to 5pm) and can be viewed at public libraries in Abingdon-on-Thames, Wantage, Faringdon, Grove, Botley, Kennington, and Didcot during normal opening hours.

The documents can also be viewed electronically on the council's website at www.whitehorsedc.gov.uk/localplan

Representations can be made:

- in writing to Planning Policy, Vale of White Horse District Council, 135 Eastern Avenue, Milton Park, Milton, OX14 4SB;
- by email to
- planning.policy@whitehorsedc.gov.uk; using the online consultation system at https://consult.southandvale.gov.uk

All representations must be received by the council no later than 5pm on Wednesday 14 September. Any submissions received after this deadline may not be considered.

Further information is available by contacting the planning department at Vale of White Horse District Council on 01235 422600, or e-mail planning.policy@whitehorsedc.gov.uk

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SUZANNE 50, tall blonde, works hard, plays harder, lots to offer the right male, seeks confident man who thinks he could handle her. Tel No: 0906 500 3686 Box No:

JANE, young 41, very broadminded seeks chap any age for discreet no strings fun, any age, no time wasters ACA. Tel: No: 0906 515 3011 Box: 409715

SABINA, 35, outgoing attractive brunette, fit and carefree just looking for fun times without complications, maybe more later. Tel No: 0906 500 3686 Box No:

KERRY, 35yrs, married in open relationship, attractive, slim and very presentable. Seeks discreet gent any age for casual pleasurable encounters. Tel:

0906 515 3043 Box 422363 TRACY 31, slim, attractive brunette, loyal and loving, loves water sports seeks kind, caring, fun loving man to love and look after. Looks unimportant. Tel No: 0906 500 3686 Box No: 422817

SOPHIA young 40yrs, married but bored, seeks discreet adult fun, any area, all calls answered. Tel: 0906 515 3019 Box: 413399

JILL, 53, blue eyed blonde, sporty, devoted footie fan, seeks tall, active guy who's not too shy to try something a bit different. Tel No: 0906 500 3686 Box No: 422715 EMILY, mature well educated lady, blonde and smart and broadminded seeks gent any age for no strings fun. ACA. Tel: 0906 515 3023 Box

421375 ATTRACTIVE Sutfolk mid forties female seeks male, 39-59, for coastal walks, dog walking and motor sports. Must have GSOH! Text only Mailbox: 5482094

WENDY, mature, passionate ladylike divorcee seeks no strings casual friendship/fun with gent any age. Tel: 0906 515 3035 Box 421605

ANNA 43, sensual blue-eyed blonde, slim and vivacious, loves to wine and dine seeks tall, dark male for good conversation, fun and romance. Tel No: 0906 500 3686 Box No: 422713

FELICITY, well educated, sophisticated lady, 38yrs, unhappily married looking for a distraction with a man 30+, must be discreet. Text Only Box: 4023417

CLAIRE 30, tall and curvy, long/dark, curly hair, likes to keep fit, seeks genuine male to share fun, friendship, maybe more. Tel No: 0906 500 3686 Box No: 422543 LAURA, single mum, 29yrs, blue eyed blonde, fair skinned, pretty. Lonely and seeking adult company when the kids are in bed! ACA. Text Only Box: 4161735

ELAINE 51, petite, naturally calm male to share a loving 1-2-1 relationship with. Tel No: 0906 500 3686 Box No: 422489

PAT, petite blonde lady, GSOH, young looking for her age, seeks genuine gent any age with GSOH. Tel No: 0906 500 3686 Box No: 422393 ft

RITA, , seeks a genuine male for friendship, days out, shes very friendly, genuine and social, give her a call ACA. Tel No: 0906 500 3686 Box No: 422403 ft

MERRY, widow, dark hair, kind and caring, hoping to meet a kind gent for friendship, possibly more. ACA. Tel No: 0906 500 3686 Box No: 422339

BARBARA, is a caring lady who seeks a man to care for, she will do anything to make you happy. Just give her a call today. Tel No: 0906 500 3686 Box No: 422411

50YRS, old attractive lady. Sheila, caring honest, seeks discreet gent. ACA. Tel No: 0906 500 3686 Box No: 422469 F

TERESA 39, petite, cuddly and bubbly seeks kind older male to travel, have fun, and take care of, pamper and flirt with. Tel No: 0906 500 3686

Box No: 422457 DEBBIE 48, crazy sense of humour, loves countryside seeks similar nutty guy for uncomplicated fun times. Tel No: 0906 500 3686 Box No: 422441

ALEX 35, very attractive, slim, blonde, caring sensitive single mum, likes meals in/out, nice pubs, WLTM similar male/dad to love and care for. Tel No: 0906 500 3686 Box No: 422265

LIZ, 45, attractive blonde blue eyed female with no children/ties, loves country living, animals, seeks male companion for holidays, cosy nights and more. Tel No: 0906 500 3686 Box No: 422243 F

ATTRACTIVE female, 45, single, genuine, nice looking, nice personality, green eyes WLTM genuine male 44 to 54 for friendship/relationship Text only Mailbox: 5464573

JO, mature understanding worldly Essex lady, seeks generous gent for regular fetish fantasy role-play, discretion assured. Text only Mailbox: 5320299

SARAH, 43, pretty petite green eyed female, lots of fun, likes children, animals, gym, eating out, running, sports, fast cars, shopping, seeking, nice guy to spend time with. Tel No: 0906 500 3686 Box No: 422225

JULIE, 49, attractive slim petite female with nice smile and pretty blue/green eyes, many interests, WLTM nice sincere gent with GSOH to enjoy life with. Tel No: 0906 500 3686 Box No: 422011



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MICHAEL, from Cambridge, 5ft8, looking for a lady who would like a good time. Tel No: 0906 500 3686 Box No: 422979

BEN, kind caring gent, 37yrs, very tall and well built with curly black hair. Own home, good job, just missing a special lady. Text Only Box: 4158248

MALE 68, easygoing, semi retired. likes walking, cinema, eating out, driving, most sports. WLTM lady 55+. Text only Mailbox: 4856527

NIGEL, 51, married, looking for someone local, for regular fun times and a possible relationship, please get in touch. Tel No: 0906 500 3686 Box No: 422947

AGELESS guy who's lived several lifetimes, looking for a woman he can cherish, and who'll take care of him in return. 30-50. Text only Mailbox: 5480502



MALE, 72, smart, fit, enjoys life, country walks and the coast, pub lunches, fun to be with, seeks similar female, Cambridge/Suffolk/Norfolk 0906 500 3686 Box No: 422995 □

CLIVE 60, single gent, looking for open-minded lady about 60-80, looks not important, for mutual fun. Text only Mailbox: 5450831 BLACK male, 50, bubbly personality, WLTM plus size white female, for friendship leading to possible LTR. Tel No: 0906 500 3686 Box No:

YOUNG 60yr old male into days out, dining out, walks, gardening, W L T M single friendship relationship. Text only Mailbox: 5468929

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Upgrades in the pipeline as Williams aims to improve

WILLIAMS will be hoping to put By Adam Flinn their recent woes behind them as they prepare to take on the twists and turns of the Hungarian Grand Prix on Sunday.

The Grove-based squad have only picked up 11 points in the last three races, and failed to get looking into its drop-off in pace. the constructors' championship.

anything from their home event

at Silverstone two weeks ago. a new floor to the Hungaroring This week it was reported the as it seeks to hold off a charging most amazing fans there who straights and number of corners. team had launched an 'inquest' Force India for fourth place in support me a lot.

"The Hungaroring is probably the most intense track compared to the other events it falls around during the season," said Valtteri Bottas.

"It's much tighter with many slow speed corners and a very technical track to drive, so definitely not the easiest.

"It's nicknamed the Finnish Grand Prix because there can be tens of thousands of Finns at the race, and I always really appreciate seeing support."

The track also carries special meaning for Bottas' team-mate Felipe Massa, who was almost killed during the qualifying session there in 2009.

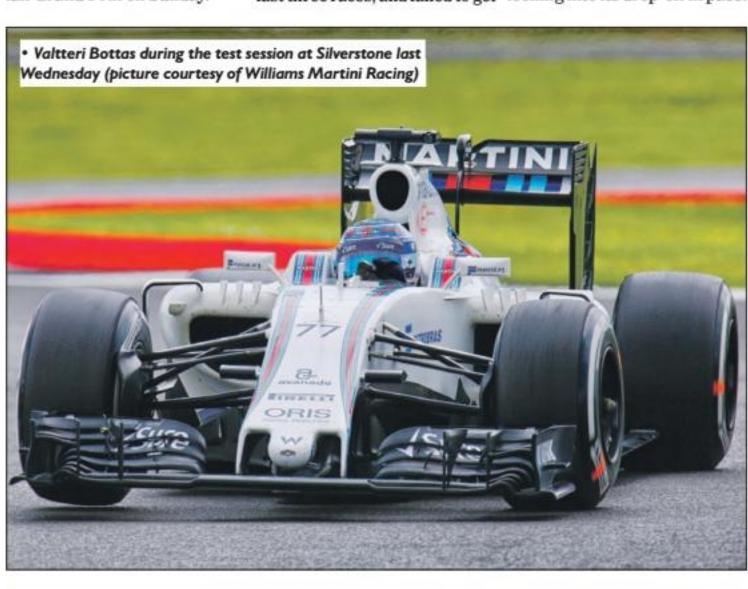
Driving for Ferrari at the time, Massa was following Rubens Barrichello when a spring fell off his car and bounced at high speed into Massa's helmet.

The Brazilian was forced to miss the rest of the 2009 season while he recovered.

"Hungary is a track where I personally have a lot of history

"As a track, it's somewhere in a nice town that I enjoy."

Williams are also set to bring with the accident I had," he said. you need to have very good "As a consequence I have the downforce with the short "All in all, it's a fantastic race



Drivers' championship standings Nico Rosberg Mercedes 2. Lewis Hamilton Mercedes 167 3. Kimi Raikkonen Ferrari 106 4. Daniel Ricciardo Red Bull 100 Sebastian Vettel Ferrari 98 6. Max Verstappen Red Bull 90 7. Valtteri Bottas 54 Williams 8. Sergio Perez Force India 47 9. Felipe Massa Williams 38 10. Romain Grosjean Haas 28 11. Nico Hulkenberg Force India 26 12. Carlos Sainz Toro Rosso 26 13. Daniil Kvyat Toro Rosso 23 14. Fernando Alonso McLaren Jenson Button McLaren 13 Renault Kevin Magnussen 17. Pascal Wehrlein Manor 18. Stoffel Vandoorne McLaren 19. Esteban Gutierrez Haas 0 20. Jolyon Palmer Renault 21. Marcus Ericsson Sauber 0 22. Felipe Nasr 0 Sauber 23. Rio Haryanto Manor

Focus no longer on 2016 car

RENAULT have switched the bulk paign for Renault following their updates expected for this year's transitional year for the team.

said ahead of this weekend's is yet to get off the mark. Hungarian Grand Prix that the concentrating on the 2017 car.

It has been a disappointing cam- focus is on 2017.

of their focus onto the 2017 sea- takeover of Lotus, although it was the team, maintaining the focus son, with only a limited number of always thought this would be a and getting all the details in place

Racing director Fred Vasseur scored points, while Jolyon Palmer that we're all working towards."

Enstone-based team is largely still to come for this season but it's session at Hungary for Renault, as

"This year is all about developing to be able to deliver once we have car at future races. Only Kevin Magnussen has achieved the stronger performance

> Reserve driver Esteban Ocon Vasseur said: "We have updates will take part in the first practice true that much of our development he continues to be touted for a race drive with the team next season.



Grosjean targets points finish

ROMAIN Grosjean will be target- in Hungary, I've always liked the ners and a very interesting layout." ing another top-10 result at Sun- track," said Grosjean. day's Hungarian Grand Prix in his outfit Haas.

three points finishes in four years." attempts, the highlight of which being a podium in 2012.

first race there for Banbury-based so we'll see how it goes - I've been first point in two years, scored in lucky to have had cars that have Austria earlier this month. The Frenchman has enjoyed performed well there over the Pascal Wehrlein's 10th place fin-

added: "I'm happy to be back, it is a and the team will be looking to hold

Fellow Banbury team Manor "They've resurfaced it this year will also be looking to add to their

ish there put Manor ahead of Sau-Team-mate Esteban Gutierrez ber in the constructors' standings, "I've always had a good feeling slow track but it also has quick cor- on to that position this weekend.



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Oxford Downs leading Div 2

CRICKET'S Division 2 leaders Oxford Downs inflicted a second successive defeat away to Great and Little Tew 2nds by nine wickets on Saturday.

Oxford bowlers Johnny Law and Harry Sutton dismissed Tews' top order wickets for just 21 - 4, and Tom Price's debut 34 was the highest Tew could muster as they went all out for 93.

Wez Mehmood's leading 63 then made short work of the chase for the Downs as they won the match in just 19 overs.

Buckingham Town 2nds beat off Abingdon Vale by six wickets on Saturday.

Town's Ben Laycock dismissed the first three batsmen for 17 runs before Joe Butcher stopped the rot with 26 runs, before being bowled by Matthew Saunders who also took four wickets.

Vale's luck then went from bad to worse as Tim Chilvers and brother Sam were both dismissed for ducks.

Despite an impressive halfcentury from Henry Pickford who hit 56 off just 39 balls, Vale only had 135 - 10.

Buckingham started their innings strongly with Brandon Lee's 28 and Vale's best efforts were unable to stop them from bettering their total, after Laycock hit 59 not out as Abingdon were defeated inside four wickets.

United stung by lowly Hornets

A DRAMATIC comeback saw By Dominic Thomas Oxford United throw away a ford Ladies on Sunday.

Ini Umotong gave United the of the half. lead inside 20 minutes, but were hour.

with Watford, who have a game past Oxford's Hannah Cox. in hand after their second successive defeat, and will fight it pressed for the win and put out with them and the Millwall Oxford on the back foot. Lionnesses to stay off the bot-

Franklin-Fraiture opened the ahead. scoring for United just a quara calm lob over the head of goal- corner. keeper Lucy Gillet.

tong then doubled their lead ers again but her ball across the with her tenth of the season, box was too far in front of the showing good pace to beat the onrushing attackers, leaving defence and put another past a Oxford United trailing for the helpless Gillet.

While Oxford looked to be They will hope to return to

two-goal lead to condemn them Lady Hornets pulled one goal to back-to-back losses after a back as Davy got goal side of defeat against bottom side Wat- United's defenders to connect with a flick on and blast her fin-Ella Franklin-Fraiture and ish into the net in the last minute

The wind then went right out denied victory with a double of the Us sails and the home side from Anne-Laure Davy and one levelled just three minutes after from Giulia Ferrandi within an the break, with Ferrandi beating the offside trap and taking The U's now lie level on points advantage of the space and chip

The Lady Hornets then

Watford then outmanoeuvred Oxford with a set-piece to go

Poor marking in the box saw ter of an hour into the match Davy beat Cox again with a after being played in to execute free header from Elle Mason's

Umotong had a chance to level Oxford goal-machine Umo- soon after as she beat her markrest of the game.

heading in the right direction as winning ways against Everton the first half came to a close, the this Sunday at the Northcourt.



Oxford United WFC **Watford Ladies**



IZZY Taylor has had to with- the first reserve, Pippa Fun- tions who have helped me to injury to her horse.

Aynho, near Banbury, was set tersall. to compete at her first Olymcouple of weeks ago.

But Allercombe Ellie sufthe eventing team at the 2016 the horse to this level. Rio Olympic Games.

and my support team."

The 33-year-old, from Kitty King, and Gemma Tat- to give it our absolute all."

pics after being selected a and all the team the best of Tyson's Billy The Red have luck out in Rio."

fered a slight injury in training absolutely devastated for Izzy, the travelling reserves. that will prevent the combina- I know how much work it takes tion from competing as part of for everyone involved to get Dan Hughes said: "We are

Taylor said: "I'm really gut- view, I just feel so very privi- team." ted and sorry for the owners leged and honoured to be part of the team and I'm just • Izzy Taylor (picture courtesy The pair will be replaced by delighted for all my connec- of teamtayloreventing.com)

draw from the 2016 Olympic nell MBE, 47, with Billy The get to this stage. It's our first games in Rio following an Biz, who will represent Team home-bred horse to be going to GB alongside William Fox-Pitt, a Games - we'll be going there

> Kristina Cook with Elisa-Taylor added: "I wish Pip beth Murdoch and Keith been called up to the squad Funnell said: "Firstly I'm and will now head to Rio as

> Equestrian team leader extremely disappointed for "From a personal point of Izzy and her whole support

Smith hindered by first lap crash in Germany

BRADLEY Smith produced a 93,000 fans in Germany.

The young racer from Foron Sunday.

But, during the opening lap, determined performance at the est Hill kicked off his campaign Smith collided with Ducati gruelling ninth round of the 2016 from the fifth row of the grid and rider Yonny Hernandez, which MotoGP World Championship to undertook a solid start as he set caused the Briton to lose his left finish in 13th position in front of about climbing through the pack knee slider and therefore drop to the back of the field.

Smith remained resolute and eventually pitted just after halfway through the GP, changing to his second bike with intermediate tyres and replaced the knee slider before commencing his recovery charge.

The 25-year-old rode at an impressive pace on the drying line, but despite his best efforts and due to the distance lost in the first part of the race, he eventually crossed the finish line in 13th.

Smith said: "It goes without saying that it was a tough GP, but I did the best that I could in what was a tricky day of racing for me.

"It was a frustrating end to the weekend because the team deserve more than three points and of course I want to be fighting for the top independent position.

"I will work hard in the next three weeks in order to come back much stronger and therefore, be ready for the second half of the season."



Maguire magic but U's lose to champs

A BRILLIANT free kick from By Dominic Thomas Chris Maguire gave the U's Schlupp killed off the contest.

United started with six new

but United were the first to Schlupp. score on 14 minutes when captain John Lundstram's typically Leicester's lively new signabrasive burst forced a foul from ing Ahmed Musa again forced Leicester captain Wes Morgan another outstanding save from on the edge of the area.

Maguire's resulting free kick proved top class, flying past when a strong run from Thomas the wall and catching Kasper found Christian Ribeiro free on Schmeichel off guard on its the right, but his drag back into way into the bottom right-hand the box went behind everyone. corner.

could not keep his header under post and secure a winner. the bar.

immediately and soon found closed the game out, without

a surprise lead against Pre- defence, giving goal-threat Gray miership champions Leicester the room to finally get a clear before two goals from Foxes' opportunity. He kept his comstars Demarai Gray and Jeffrey posure with a cool finish going in off the post.

Oxford defended well as signings, including man-of- Leicester looked to get a lead the match Simon Eastwood in after the break, with a spectacugoal, as the Kassam crowd was lar one-handed save from Easttreated to a glimpse of the Pre- wood denying a flying header miership trophy before kick-off. from Shinji Okazaki, followed Leicester looked every inch by Aaron Martin's brilliant lastthe champions at the opening, ditch tackle on a goal-bound

> Following a raft of changes, Eastwood.

United had their own chances

With Musa's running caus-Oxford nearly doubled their ing trouble for the defence, Schlead as their pressing found lupp took advantage by ghosting space for new signing Wes through the midfield to squeeze Thomas, who, arriving at pace, another shot past Eastwood's

The champions' dominance in But Leicester countered possession then showed as they themselves outnumbering the much of a threat from the U's.



Tribute game recalls Moreton cricket legend



a tribute match in memory of vide a ball. a 103-year-old member who

Thursday, July 14, was in mem- T20 match was played. ory of Eric Tappin, who lived in Didcot for many years.

1950 until his death, as player, Ross Murray 14 no. groundsman, umpire and vicepresident.

for boys v men's matches and it has been played for ever since. too strong for the Taps, with

changed according to the club for 4 runs and Matt Wicks 2 membership and more recently wickets for 13 runs. there have been mixed men,

MORETON Cricket Club hosted go along to the match and pro-

So, for this year's Tappin Cup passed away earlier this year. match, 24 Moreton players were The cricket match at their divided into two mixed teams -North Moreton ground on the Taps and the Pins - and a

The Pins batted first and scored 111 for 7 wickets, with Mr Tappin was associated Matt Wicks scoring 32 not out, with Moreton Cricket Club from Andy 'Basher' Shallis 26 no and

In reply, the Taps scored 89 for 7 wickets with Tom Macdon-He presented a cup in 1966 ald top scoring with 26 no.

Overall, the Pins' bowling was Over the years, the sides Ross Murray taking 2 wickets

Nigel Hessey, a friend and the ladies and junior boys and girls fixtures secretary at the club, said of Mr Tappin: "He is very Into his 90s, Mr Tappin would much missed by his family."

Sport Bites

Game cancelled

AMERICAN FOOTBALL: Oxford Saints' Division II. Southern Football Conference West league match on Sunday was cancelled following their opponents' late withdrawal.

The Saints were supposed to take on Torbay Trojans at their home ground, Tilsley Park, but their visitors forfeited the match "due to player availability and injuries".

But this means that Oxford continued their undefeated run and clinched the conference title with two games still remaining, and will start their playoff bid with a quarter-final on August 21.

Opening match

FOOTBALL: Didcot Town will open the new season at home to Swindon Supermarine on August 6, following the release of the 2016/17 Evo-Stik League Southern Division 1 South & West fixtures last weekend.

Notable fixtures include the trip to Hereford on Saturday. October 22, a home match against Wantage Town on Boxing Day and travelling to North Leigh on New Year's Day.

The season will conclude with a trip to Mangotsfield on Saturday, April 22, 2017.

Top-10 finish

GYMNASTICS: Carterton's Amie Cooper secured a top-10 finish at the United States Association of Independent Gymnastics Clubs World Championship (USAIGC) in Orlando, Florida.

Despite only being a firsttime international competitor, Cooper was placed joint third in the age 13 junior floor routine, with a score of 9.45 out of 10.

Representing the Carterton Club, she achieved an eighth position in the final overall.

Stars' signing

ICE HOCKEY: Oxford City Stars have announced the resigning of defensive duo Sam Arnold and Jason Ikin.

Arnold, who joined the club as a junior, said: "I feel this season is going to be even better than last one and I think the boys went above and beyond the expectation."

Ikin, who was born in Australia, played his first game for the club in September last year. He said: "Playing for Oxford last year was amazing."

Cricket move

CRICKET: Oxfordshire Cricket have appointed a Women and Girls Director.

The new role has been created to oversee the promotion and development of women's cricket throughout the county.

Former Berkshire Women's player, Royal Navy Women's Cricket captain and qualified and experienced cricket coach Emma Boswell has been given the role.

Keeper Slocombe departs as U's miss out on signing Bristol Rovers' striker Taylor

From front page

time.

And Appleton is continuing to search for new players with less than three on signing Matty Taylor, who rejected a new club, having penned a one-year League One campaign.

so far this summer but the head coach Oxford, according to Appleton. believes his side are still two or three

he will return in about three months' competitive as possible in their new combe, who had his contract terminated has fallen further down the pecking division.

of signing a new deal with Bristol Rov- a further year.

players short of making his squad as club next year is goalkeeper Sam Slo- Liechtenstein goalie Benji Buchel and by mutual consent.

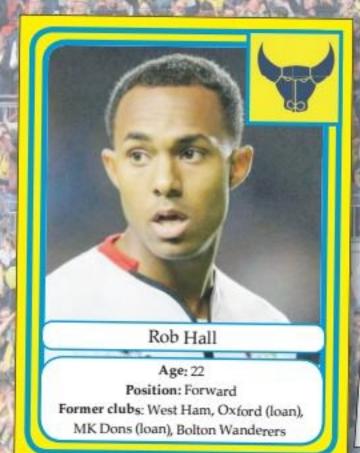
order with Simon Eastwood signing, Meanwhile, the U's have missed out But he has wasted no time in finding who was MOM against Leicester City.

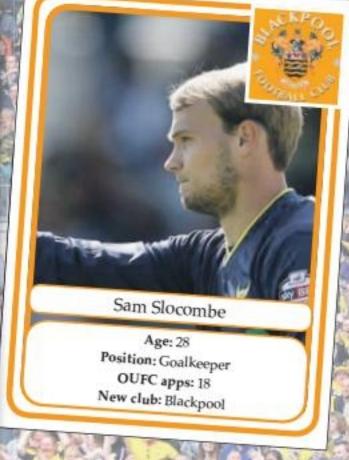
Oxford ended their pre-season tour weeks to go until they start their a move to his hometown club in favour contract at Blackpool with an option of in Spain with a 1-0 defeat against Marbella. The U's face Championship side The U's have brought in 10 players ers, despite 'verbally agreeing' to join The former Scunthorpe keeper joined Brighton for their second and last pre-United a year ago and started the sea- season home game on Tuesday, July 26 Another player who will not be at the son as first choice but lost his place to before visiting Barnet on July 30.

Be a WINNER with our weekly competitions page

Great prizes and easy to enter THIS WEEK: WIN TICKETS TO SEE SCOOBY-DOO LIVE!

More Sport inside: Football: United impress against English champions | Olympics: Equestrian rider Izzy Taylor forced to withdraw from Rio









DESPITE promotion to SkyBet League One, Oxford United have struggled to keep hold of their star expected in add-ons. He made over players.

record sale to Leeds United, winger at the club. Callum O'Dowda has joined his forwith Bristol City.

21-year-old, who came through the stone's Paint Trophy final. vouth set-up at United, sees his

He signed off last season's promomer teammate in the SkyBet Champi- tion campaign by scoring the third the fans. Since my debut, I have had onship, signing a three-year contract goal against Wycombe Wanderers in non-stop encouragement from them. signing a forward who is no stranger a two-year contract but fans should the final minutes of the match having

The Republic of Ireland interna-

leave his hometown club.

He said: "Oxford United has been

"Above all, I would like to thank raise £4m for the club.

"We will always have that special to the Kassam stadium. The sale of the Kidlington-born also scored at Wembley in the John connection as I was once and still am a fan."

hometown club receive around £1m tional, who is eligible for the national said the club had no choice but to appearances as a 17 year-old on loan upfront, with a further £600,000 team through his late grandfather, sell O'Dowda, who had been absent from West Ham.

said it was "such a hard decision" to from United's pre-season tour to Spain last week with illness.

100 senior appearances for the U's in my home for over 13 years and has star performers, U's chairman Dar-Following forward Kemar Roofe's all competitions and spent 13 years shaped me into the footballer I am ryl Eales has pledged to reinvest from

The club have followed that up by

loan spells in 2011, with the versa- ing the anterior cruciate ligament in Head coach Michael Appleton tile forward scoring five goals in 13 his left knee in April. The club hope

After returning to West Ham he had loan spells at MK Dons and Following the sales of last year's Birmingham before joining Bolton Wanderers on a full-time deal in 2013.

The 22-year old has since had two the two big-money exits, which could loan spells back at MK Dons before leaving Bolton this summer.

The striker-cum-winger has signed not expect him in action any time Rob Hall played for Oxford in two soon as he is recovering after ruptur-

Continues on page 79





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TRADITIONAL HEARING AIDS

NEW OTICON OPN HEARING AIDS

For the majority of people with a hearing loss, following conversations in noisy environments is the greatest listening challenge. For many years, hearing aid manufacturers have responded to this by making discriminating speech in background noise a priority, and developing technology that can help to overcome the problems associated with hearing loss and group situations.

Until recently, hearing technology has mainly centred on noise reduction and creating a focus towards the front of the user through the use of directional microphones. Each of these technologies has been used and improved on for many years, and directionality systems are well known to improve speech understanding in noise. Developments in the technology have allowed many hearing aid wearers to participate fully in social situations and to follow conversations even with high levels of loud or disturbing background noise.

However, one of the leading hearing aid manufacturers, Oticon, has now developed a revolutionary approach to speech in noise. The new technology aims to greatly improve speech recognition in noisy situations and group settings. The OpenSound Navigator is designed to not only remove noise but also to preserve important speech information from all directions to facilitate the brain's own natural processing.

This allows the hearing aid user to follow different speakers and to switch between them; therefore maintaining access to all people involved in the conversation, rather than isolating a single speaker. It reduces the noise in complex environments through the use of a fast and accurate spatially-informed noise estimator that allows the noise sources to be selectively attenuated at given locations. The technology also works to reduce noise between the spoken words, further improving speech understanding.

WHAT THE MANUFACTURERS SAY......

Oticon - Dainish hearing aid manufacturer recognise the importance of 'Brain Hearing' and suggest this is the reason the initial results from the Oticon OPN trials are so significant.

The Oticon OPN offers significantly better understanding in noise even when listening to multiple speakers. With this new hearing aid, Oticon belive they have taken a fundamental step forward in improving speech understanding in complex environments while, at the same time, preserving the user's mental energy.

In tests, Oticon Opn™ reduced the cognitive load on the brain and improved the ability to remember conversations. Using pupillometry, a recognised objective measure of how loaded the brain is, Oticon Opn™ users had — in testing — 20% less listening effort when trying to understand speech. Additional studies show that because Oticon Opn™ users have freed up brain capacity so that they remember 20% more of their conversation. Preliminary data show that Oticon Opn™ provides a significant leap forward in improving speech understanding in situations with several competing speakers and background noise compared to Oticon's previous premium hearing technology.

DIGITAL PROCESSING - THE FASTER THE BETTER

A hearing aid can only be as good as the digital processing chip inside it. This is because it is the chip that defines the maximum speed, precision, type and amount of sound processing available. When it comes to more challenging situations, such as when in background noise or group conversations, the processing speed becomes essential. The new Oticon Velox chip which has been incorporated into their latest hearing aid, Oticon Opn, offers extremely fast and market-leading digital processing, which will have a huge impact on the overall performance of the device.

WHAT THE MANUFACTURERS SAY.....

Oticon Opn" is powered by the Velox" platform, the latest BrainHearing solution from Oticon.

Designed specifically for hearing aids, the Velox "platform is a technological quantum leap forward. Velox" allows Oticon Opn" to analyse and process sound data 50x faster than their previous premium hearing aid, easily following rapid conversations with multiple speakers in a noisy environment. The new Near Field Magnetic Induction (NFMI) system in Oticon Opn" is 200% faster than the previous Oticon premium hearing aid, allowing much faster binaural processing — a key user benefit.

ASTON HEARING - OUR OPENING OFFER

This ground-breaking approach opens up many possibilities for the future of hearing in challenging listening environments. With background noise becoming less of a problem for hearing aid wearers, we hope to see people with a hearing loss staying engaged and maintaining an active social life, without the stress of having to strain to hear.

We believe that Oticon Opn could possibly offer people with a hearing loss the closest experience of 'normal' hearing.

We have negoitiaed preferential pricing from Oticon directly and we want to pass this on to you. We therefore, for a limited time, are offering a special package price until August 31st, when pricing returns to normal levels. As with all our products - these hearing aids are offered on a trial basis or with a 60-day money back guarantee - so you can be the judge of the technology. If you are interested in trialling the product or would like to know more information, please contact me directly on 01844 396057 or email me - matthew@astonhearing.co.uk.

Thank You!

We would like to say a big thank you to everyone who took part in our hearing aid trial over the last couple of months. This was a great success and we are very pleased to say that over two thirds of those who took advantage of the trial offer are now hearing much better than before. For some it was a new experience that enabled them to find out if hearing aids would be of benefit by trying them out for the very first time. For others it was a great opportunity test out the latest in hearing technology and to see if there could be further improvements in their personal listening environments. Most importantly it was a fantastic

opportunity to promote hearing care and we are very much looking forward to continually working with the many new clients and friends we have made since opening our new practice in Thame. If you would like to be involved in our next hearing aid trial and to see if you could also benefit from improved hearing then please feel free to get in touch or pop in to see us.

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